WOMEN'S ACTIVITIES AND INTERESTS—SAVING WHEAT—FASHIONS IN THE SOUTH—GOOD HEALTH

LET'S GET DOWN TO BUSINESS AND START TO SAVE THAT WHEAT

Over in Europe They Need 85,000,000 Bushels. Hoover's New Food Regulations Show Way to Give It to Them

THE new food regulations that came from Hoover, backed by an appeal from the President ought to act like an alarm clock to those who have ignored food saving to date.

Take wheat alone. Lord Rhondda, food administrator of Great Britain, cables the Allies must have 75,000,000 bushels of it over and above what was exported before January 1 if there is to be bread enough to win the war. And Belgium must have 10,000,000 more bushels.

We've got to get down to business and save this wheat for them. There is no use denying the fact that to date many women have not bothered themselves seriously about saving wheat flour. There are any number of reasons. In some homes the men don't care for corn bread and that sort of thing. In other homes the women themselves don't care for it or don't particularly want to get up early enough in the morning to bake it. Whatever the little reasons are, however, there's a great big one that covers them all. Those who aren't saving wheat flour don't realize the seriousness of the food situation.

No one could for an instant imagine any woman who had fully visualized the hunger that is snapping at the heels of Europe refusing to lend her help to sending food over there.

WHEN we think of 85,000,000 bushels of wheat all in the same breath it seems like a very great deal. It seems so great that many a woman appeases her conscience when she uses white bread by saying that her little bit wouldn't do any good, anyhow.

Hoover's whole system is based on saving these little bits. This is the answer to that kind of a conscience. If every housekeeper in the United States—there are 22,000,000 of them—saved half a cupful of wheat flour a day she and her neighbors would be able to present the nation with 2,750,000 pounds of it. There are approximately sixty pounds of wheat to the bushel. Work the sum out for yourself and you can get a corp's estimate of how long it would take all of us working together to save those 85,000,000 bushels of wheat.

When you look at things this way it doesn't seem like a hopeless task. But it seems like a problem on which we will all have to work together if we are to get the right answer.

THE new food regulations call for two wheatless days a week—Monday and Wednesday—and one wheatless meal each day of the week. Tuesday is still a meatless day and specially accented into a porkless day. This means that lard and other fats are virtually taboo. Saturday, too, is porkless day. In addition to this, one meal on every day of the week is to be meatless.

This is the answer America has worked out to the problem of feeding the world. What is going to be our answer to America?

Year of the End

Bread of our home—oh, year of the end—
How good 'twill be to eat,
When we recall in sudden mood
Thirst and the fighter's scanty food,
How clean 'twill taste and sweet!

Wine of our vineyards—year of the end—
How warm 'twill glow to sight,
As we resume in brave old song
Victory, though the test was long,
Nor wearied we of fight.

Girls of our town—oh, year of the end—
How proud shall be your thought,
When there appear the hearts of steel
Showing you still the love they feel,
For all the war has wrought.

Rose of our gardens—year of the end—
By slopes of Loire and Meuse,
Perfume you'll bear of glory's thrill,
Colors of Vict'ry's iron will
And glow of peaceful hues.
—Rene Taudbois, translated in the Literary Digest by Richard Duffy.

PITY THE POOR WORKING GIRL WHO MUST SEARCH FOR LIVING QUARTERS!

"CAMOUFLAGE" BOARDING HOUSES REJECT THE HONEST WORKING GIRL

Abnormal Industrial Conditions in the City Make Desperate the Plight of the Wage-Earner, Despite Plentiful "Vacancies"

By M'LISS

A SEPARATE star is what the poet admitted, after a great deal of ringing and knocking, to a dark, dank hall somewhere, has promised each and every one of us as a permanent abiding place in the golden future.

Meanwhile, in Philadelphia a great many persons are asking only for bed and board.

A great many persons are not getting it. The boarding-house situation here is acute. The chief sufferers are the young working girls. Statisticians have not yet announced what the increased immigration to the city, due to the tremendous impetus to the industries, amounts to, but any social worker will tell you alarming things about young women who have actually been turned into the streets because they were unable to meet the rise in prices that the boarding house mistresses are exacting.

Supply and demand are at odds again. Prices for rooms have risen from 25 to 200 per cent. It is doubtful if Mr. Hoover himself could tell offhand just how much the cost of food has soared. Salaries for youthful beginners are the only unchanged quantity—unless it be the heart of the boarding house lady. Compared to that tough old organ of hers, Gibraltar is as a plate of mush.

But, you will say, "There are the 'Vacancies' signs. One sees them everywhere, in desirable localities, too, centrally located!" Quite true. One does.

* * *

It is a so-called desirable locality, centrally located, situated, to be exact, below Walnut street on "Spring," between Sixth and Ninth streets. "Vacancies" signs are as plentiful as daisies in a midsummer field.

Assuming an expression which was meant to say:

"We are young working girls, making nine or ten dollars a week," it was here that the artist and I first decided to look for a room.

A female ogre answered, after some delay, the first ring. It was 9 o'clock in the morning.

"Whatcha want?"

"A room."

"Ain't got nothing."

"But you have a sign in the window. Do you mean that you want gentlemen only?"

"Naw, I rent to the ladies sometime. Come back this evening mebbe." Bang! the ogre had slammed the door of her unsavory lair.

In six places in that vicinity flaunting large signs attesting the fact that rooms were to be had we had to plead to be shown rooms and in four of the places we were actually rebuffed.

A middle-aged female with an eye that roved uncannily under the shadow of tousled locks meant to be caught under a filthy boudoir cap transacted business with us through a two-inch aperture in the door at one place.

"Whatcha want a room for?" she said when we had made known our object in ringing the bell.

"To live in," we gave answer.

"Well, they ain't out yet!"

Bang!

A little further up the street we were served official said, "but it will probably be three months or more before we'll have a vacancy."

It must be pleasant to the roomless and shivering to look forward to the happy prospect of having a nice warm room in the balmy springtime, three months from now.

Outside, in the vicinity of the Pennsylvania Academy of the Fine Arts, a little art model ran up to the artist and clutched her tragically.

"I've been put out of my room," she sold between tearful gasps, "and I've been hunting madly all afternoon for something and can't find anything. I paid $5 for that room and there wasn't any gas in it—I had to burn candles. Now four Hog Island men have come along and they are giving $5 apiece. Twenty dollars for one week! I don't blame the old frau for taking it, but what am I to do?"

At the Philadelphia Bureau of Boarding Houses—which organization investigates the houses and the girls who want rooms in them, for their mutual benefit—a "squint" at the situation was obtained from the official angle.

"You'll see plenty of 'vacancies' signs," Miss Edith Sheldon, the executive secretary said, "but many of those places desire only understrables—and no questions asked. They are the places to which we wouldn't send the girls and women who come here to us for help.

OUTLOOK IS DESPERATE

"The outlook is really desperate. Something must be done. The 174 registered houses that we have on our list are filled. Today we have spent hours in an endeavor to get some rooms for women who are desperate. They not only do not want to go to hotels, but they haven't the money.

"There are girls who are still only making $6 a week. We must get rooms at $2 or $2.50 for them, and they ought to be near their places of work, so as to eliminate the carfare. But we can't get them. We can't even get $3 rooms, and a great, great many of the women who apply to us make only $9 or $10. They cannot afford to pay more.

"Every day more and more girls come to the city for work. Some of them are as young as sixteen. The increase in our applications for respectable boarding houses has been almost 200 per cent. We simply cannot meet it. Houses must be investigated before we can send young girls to them, and we find that the city is simply filled with places that call themselves boarding houses, but are so dubious that we couldn't risk sending women there."

Everywhere social workers say that the men who have good employment are crowding the girls out. Organizations and the subsidized homes for girls like those at 915 Clinton street and 834 Pine street are full to capacity.

The vast army that has shaken the dust of the native village from its soles is not inconsiderate enough to ask for a home, with all of the elusive comforts the word implies. It wants rooms and food—some place to put the tired head at night and the wherewithal to keep the human machinery going. Some are asking for this at any price; others cannot go the limit.

But, as the ogre said, "We ain't got nodding."

What a Wheatless Day Means

USE no crackers, pastry, macaroni, breakfast food or other cereal food containing wheat, and use no wheat flour in any form except the small amount that may be needed for thickening of soups or gravies or for a binder in corn bread and other cereal breads.

As to bread, if you bake it at home, use other cereals than wheat, and if you buy it, buy only war bread.

TODAY IS WHEATLESS DAY. BE A PATRIOT AND OBSERVE IT.

Tomorrow's War Menu

BREAKFAST
Stewed Prunes
Scrambled Eggs and Potatoes
Toast Coffee

LUNCHEON (Meatless)
Casserole of Hominy
Tomatoes and Cheese
Pickled Pears Gingerbread

DINNER (Wheatless)
Old-fashioned Beef Stew (left over)
(With Potatoes)
Rye Bread Mashed Turnips
Fruit Salad with Mayonnaise

RYE BREAD

One cupful liquid, one teaspoonful salt, two and one-quarter cupfuls rye flour, one-eighth to one-quarter cake yeast, softened in one-quarter cupful lukewarm water, two and one-quarter cupfuls white flour.

Note—The proportion of rye flour used may be increased to three cupfuls of rye flour and three-quarter cupful of white if desired. This dough is soft and can be made into the old-fashioned flat loaf.—United States Food Administration.

LABOR INSPECTORS MEET

State Supervisors Ordered to Cooperate With Federal Government

HARRISBURG, Jan. 30.—All supervising inspectors of the Department of Labor and Industry were summoned here by Commissioner L. R. Palmer for a conference on conditions arising out of the enforcement of the fuel order and to arrange for cooperation with the Federal Government in carrying out the labor laws.

The policy in regard to overtime work for women because of the fuel order was outlined and arrangements made to stiffen up inspection wherever possible to obtain removal of snow and ice from fire-escapes and to see that theatre emergency doors are in proper shape.

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 queries like those given below are invited. It is understood that the editor does not necessarily endorse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. What is the official cost proved by experiments to be correct for a sixteen-ounce loaf of bread made at home?

2. What effect does a coating of soot have on the flues, chimneys and heating surfaces of a heating system?

3. How can almost a double amount of be extracted from a lemon?

1. How can St. Valentine's Day lend itself admirably to the "announcement of engagement" parties and to entertainments for future brides?

2. What is predicted by fashion experts to be the popular country club costume this season?

3. When the ears get very red in the cold, what simple treatment should be applied before one goes out in it?

ANSWERS TO YESTERDAY'S INQUIRIES

1. When a bread recipe calls for milk, substitute one-half the amount called for in water in which potatoes have been cooked. This gives additional flavor. It is necessary, of course, that the potatoes be well scrubbed before boiling.

2. If the upper part of the handle of the broom is wrapped with a piece of old velvet or soft cloth, the hands will not grow callous in using it. The piece can be sewed, then fastened in place with tacks.

3. Flower holders that will add materially to the artistic arrangement of flowers can be made with strips of lead sheeting. Cut the strips from six to twelve inches long. When one of these is placed in a low dish and fixed around the stem of a flower the bloom will stand up and have a quite natural appearance.

1. A deed of trust has just been executed devoting $7,000,000 to found an educational institution for the women of India. It was made by the Maharaj Kumar of Tikari at Delhi. The gift was inspired by the Maharaj's wife, who is one of the foremost women progressives in India.

2. The custom of giving women pin money originated in England in the reign of Henry VIII. Pins were considered such a great luxury that they were only sold two days of the year, at the beginning of January. Men at this time of the year gave their wives money to buy pins, or money for luxury.

3. Green was seen combined with the white of some wedding frocks this year.

Present for Graduate

To the Editor of Woman's Page:

Dear Madam—As a reader of your good column I would be very thankful to have this question answered: What kind of a present would be nice to give to a little girl who is to graduate from public school? F. S.

The law about giving presents nowadays is to give what you think the person really and truly would like best. If the little girl is at the age when she is just beginning to be very much interested in her own appearance, something to wear would be nice, such as a pair of white kid gloves, silk stockings or a collar and cuff set. If you think she would not care for these things, then a book appropriate for her age, a knitting bag, a leather writing pad with place for stationery or a little pin would be acceptable. In picking out a book consult the saleswoman in the book department and she will advise you.

A Rabbit Loaf

To the Editor of Woman's Page:

Dear Madam—Do you know of any recipe by which Belgian hare or rabbit meat can be made into something that can be served cold, as veal loaf? Thanking you in advance for this favor, I am, E. B. B.

Rabbit meat can be used in almost any way that other meat is used, although it is a trifle soft. Although it is not commonly done, there is no reason why you could not take cold rabbit meat and make a rabbit loaf. Here is a recipe you might try: Chop one pound of the cold cooked rabbit and work into it a half teaspoonful each of salt, pepper and onion juice. Then mix with this a half-dozen chopped olives and as many minced mushrooms. Then moisten with one-half cupful of stock. Pack solidly in a greased mold and cover. Set mold in a low roasting pan of boiling water and let cook for two hours in a steady oven. Let the loaf get very cold before using.

If any readers have recipes such as asked for by E. B. B. please send them in.

Please Send a Stamp

To the Editor of Woman's Page:

Dear Madam—As I am a constant reader of your exchange, in looking over Thursday's paper I saw where Mrs. E. J. K. sent to you a remedy for frosted feet. As I am a great sufferer, I would be very much obliged to you if you will print this remedy in your page for me. (Miss) R. M. S.

If you send a self-addressed stamped envelope the suggestion of a remedy for frosted feet will be mailed to you. It must be borne in mind that the Woman's Exchange makes no claim for any remedy forwarded in this way. The one suggested, however, is so simple that it can not possibly harm if it does not cure.

Homeless Kitty Is Placed

To the Editor of Woman's Page:

Dear Madam—If the homeless cat which "A. G." wrote about some ten days ago has not been provided for it could be given, if the town mentioned is a place, to the Women's Pennsylvania Society for Prevention of Cruelty to Animals, Eighteenth street, Philadelphia. It will be received. READER.

Knowledge the homeless cat in these columns several days ago. Thank you.

Plans for Colonial Social

To the Editor of Woman's Page:

Dear Madam—Will you kindly offer suggestions for best possible way to carry out the following:

A few of us are working up a community social and benefit, to be known as a "colonial social."

How should the aides dress, ladies and gentlemen?

What would be suitable to serve?

What would be best for decorations?

This will be held in a public school for the benefit of a home and school association and the talent will be purely local, the entertainment to consist of vocal and instrumental music, readings and recitations.

Your suggestions through the column of your paper will be greatly appreciated. E. W. J.

Why not divide your wall space up into thirteen parts, each part to represent one of the thirteen colonies? Then decorate each section with cheesecloth to typify the colony. In letters made out of bright-colored paper spell out the names of colonies. In smaller letters you might spell out the motto of the State. All of these mottoes you can find in books in the reference room of the Public Library. You might be able to find the colony flag and typify the colony in that way.

A novel way to serve the refreshments could fit in with this scheme of decoration. Certain of the thirteen original States are noted for different things. Pick out, say, Maryland, Virginia, Pennsylvania, Massachusetts, Connecticut and Delaware and make them refreshment tables. At Maryland, serve oyster cutlets; Virginia, ham sandwiches; Massachusetts, beans; Pennsylvania, Indian corn bread; Delaware, grape juice; New York, doughnuts, and Connecticut, pie. I do not for a minute suppose you will want to serve all these things. You can pick out beans, ham sandwiches, grape juice and doughnuts, for instance, or any other combination.

The novelty of the affair consists in letting the guests pass from colony to colony to get their refreshments.

The costuming of the aides fits in admirably with this, too. The girls who wait on the booths can be dressed in the costume of the colony. The New England girls have the Puritan costume; Pennsylvania, Quaker, and the girls from the South wear sheer dresses and mob caps. There is a typical all-around Colonial costume for men, which consists of breeches, white stockings, Colonial slippers, etc. You can get a very good idea of all the costumes mentioned here in the art room of the Public Library at Thirteenth and Locust streets. I would not go in for following them exactly, as it will be expensive. Just follow them in a general way.

Ask an Explanation

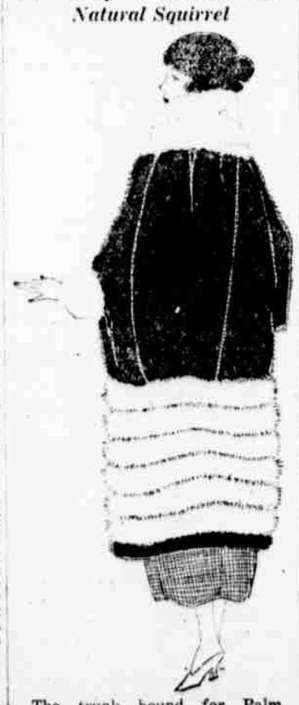
To the Editor of Woman's Page:

Dear Madam—I am a fellow aged nineteen and I have been keeping company with a girl of seventeen. I gave her a ring with a red stone. When I gave it to her I put it on her left hand, but she turned me down and put it on her right hand. Last night I went out with her and she had it on her left hand. What do you think she means? A. G. M.

Unless the girl is flirting with you she means that she cares for you, perhaps. I would ask her for an explanation and make her understand you are in earnest. If she does not care she should not have accepted the ring.

IN THE MOMENT'S MODES

Fur Wrap of Moleskin and Natural Squirrel



The trunk bound for Palm Beach arrives at its destination to disgorge its fur wrap as well as its organdie frocks. This wardrobe inconsistency is positively demanded by the fashion folk and adopted with alacrity by all smartly dressed women. The fur wrap pictured is of moleskin, with collar, cuffs and trimming band of natural squirrel.

TREATMENT OF APHASIA

Advice on preventive medicine will be given by Doctor Kellogg in this column daily; but in no case will diagnosis or treatment of ailments be attempted. Personal queries on health will be promptly answered if postage is inclosed.

By J. H. KELLOGG, M. D., LL. D.

APHASIA is a form of loss of speech that results usually from a disease of the brain, in which, while the vocal apparatus remains intact, yet the memory of words and the power to use them is destroyed or impaired.

The most common cause of aphasia is injury to the brain from apoplexy. The portion of the brain supposed to be injured in these cases is a part called the "island of Reil," on the left side of the brain. It is thought that the memory for words and control of the organs of speech reside chiefly in the left side of the brain from the fact that in nearly all cases in which aphasia results from injury to the brain examinations after death have shown the injury to be on the left side. This is not always found to be the case, however, and it is probably true that both sides of the brain possess this faculty, but that from force of habit the left side is chiefly used, just as one eye, one hand or one ear is generally employed in preference to the other.

A person suffering from aphasia may be unable to utter a syllable or may simply be deprived of the power of using words correctly. Sometimes the power of speech will be lost, while the memory remains, so that an individual can write as well as ever. This is not generally the case, however. Patients are sometimes aware of their inability to use words correctly, and at other times seem to be wholly oblivious to the mistakes they are constantly making. We recently had under treatment a patient suffering with this difficulty as a result of apoplexy. If she wished to say "door" she was much more likely to say chair, table, carpet or window. Apparently aware of the mistakes made in speaking, she often repeated a long list of names, hoping to find the right word. If the desired word was suggested to her, she would at once recognize it and would repeat it without difficulty. Aphasia sometimes results from epilepsy, hysteria and various other functional disturbances of the brain.

The treatment of aphasia consists chiefly in the treatment of the cause from which it arises. Unfortunately, this cannot always be removed, so that in many cases complete recovery is impossible. However, much benefit may often be derived from a persevering effort to cultivate the speech organs of the opposite side of the brain, which may, in many cases, by long effort be developed to a considerable degree of utility. In order to accomplish this it is often necessary to pursue a course of systematic instruction, beginning with the letters of the alphabet, the names and significance of which must be learned as in first learning to read. The application of electricity to the tongue and muscles of the throat is a remedy of considerable value.

QUESTIONS AND ANSWERS

Yawning

What is the cause of yawning? Is there a cure for this habit? J. C. R.

Physiologists tell us that in the middle of the upper portion of the spinal cord there is a small nerve center which has charge of the back movement or group of movements which we call yawning. Just what brings this center into action nobody knows. It is a curious fact, however, that the disposition to yawn seems to be to a certain extent infectious. If one of a group of persons yawns another member of the group is almost certain to yawn a few minutes later. Yawning generally occurs when a person is weary or drowsy. Many persons are inclined to yawn after eating. Bathing the face with cold water, drinking a glass of hot or cold water or some refreshing beverage will generally cause the disposition to yawn to disappear.

Neuron

What is a neuron? G. S. R.

A neuron, or nerve cell, is the unit of the nervous system of the body. It consists of three parts—a body, arms, or branches known as "dendrites," and one very long arm called the "axon."

A nerve cell is strictly comparable to a small battery or a battery cell. In its body is generated nerve energy, much as a battery cell or a dynamo generates electricity. The axon conducts the nerve energy as a wire conducts electricity. The dendrites are receiving organs, like the antennae of the wireless apparatus. The dendrites of one cell form contacts with one or more axons of other cells. A nerve cell is also comparable to a central telephone station—it both receives and sends out messages. It differs from a telephone station essentially in the fact that, while it may receive messages from many directions through its numerous branching dendrites, it has but one wire on which to send out its messages. But this one wire may make contacts with many different cells.

(Copyright)

Mi-RITA
SUPERFLUOUS HAIR REMOVER
The only treatment that will permanently destroy the hair roots without electric needle, burning caustics or powders. Leaves no blemish. List of our original beauty preparations in FREE BOOK.
DR. MARGARET RUPPERT'S
Mi-Rita Beauty Specialties Co., Inc.
1112-14 Chestnut St., Suite 70-72-73
Estab. 22 years. Ph. Walnut 7031.

$2 Invested in Vogue
(a tiny fraction of your loss on a single ill-chosen hat or gown)
Will Save You $200

This year, above all others, when extravagance and waste must be avoided, you should have Vogue at your right hand.

For now, every woman must devote even more than her usual care to the selection of every detail of her wardrobe, so that not one hat, gown or wrap may remain unworn and its price wasted.

The gown you buy and never wear is the really expensive gown. Gloves, boots, hats, that miss being exactly what you want are the ones that cost more than you can afford.

Vogue suggests that before you spend a single penny on your new clothes, before you even begin to plan your spring wardrobe, you consult its great series of Spring and Summer Fashion Numbers. Save yourself from that costly error, a wrong start.

Special Offer—9 Issues for $2
Yes, if you Mail the Coupon Now

Don't bother to enclose a cheque, or even write a letter. The coupon will do, and is easier and quicker. With one stroke of the pen, you will solve your entire clothes problem. Your subscription will begin at once, with

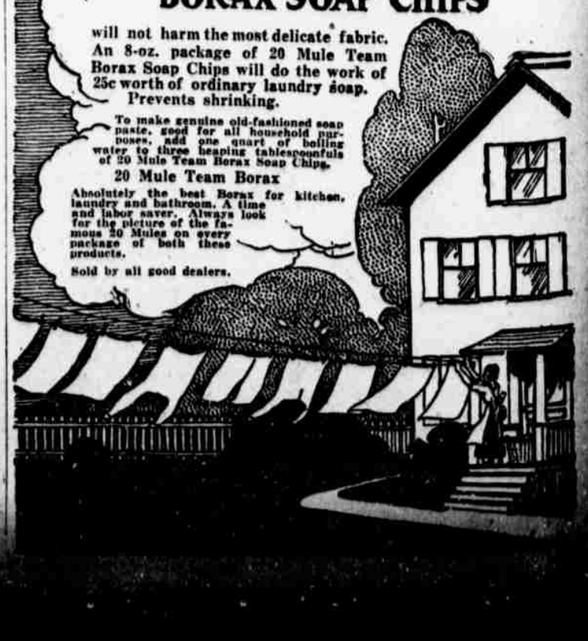
VOGUE'S
Forecast of Spring Fashions
(Ready Now)

VOGUE, 19 W. 44th St., New York City
Please send me the NINE numbers of Vogue as described. I will forward $2 upon receipt of bill. (OR) I enclose $2 herewith. It is understood that if this order is returned promptly you will send me besides the nine numbers, a complimentary copy of the Forecast of Spring Fashions, making TEN issues in all.
Name .....
Street .....
City ..... State .....
E. P. L.—1-30-18

Le Perle Face Powder
A preparation which satisfies, because it is properly made and pleasingly perfumed. 35c & 65c per box. At best shops. By Mail prepaid.
Miss Cloud Complexion Expert and Mfr. Exquisite Toilet Preparations
Suite 706-707 Flanders Bldg.
Walnut St. at 15th
Bell. Spruce 3158 Estab. 1891

MANDO
Removes superfluous hair from or under the arms. The new style gowns make this preparation indispensable.
Sold by good Drug and Department Stores.

Treat your beauty fairly—keep your skin clear with Resinol
No matter how pretty your features are, you cannot be truly attractive with a red, rough complexion. But Resinol Ointment, aided by Resinol Soap, will usually make poor skins clear, fresh and charming.
Resinol Soap and Resinol Ointment are sold by all druggists. Why not try them?

Nemo
LAST WEEK!
Prices Advance Monday, Feb. 4
WONDERLIFT—Nos. 553, 554, 555, 556, 557 and 558—now $5.00—will be . . $6
SELF-REDUCING—Nos. 402, 403 and 405—now $4.50—will be $5
Buy THIS WEEK—and SAVE!
CORSETS
$1.50 $1.00
Nemo BRASSIERES
"FIT AS YOU FASTEN"
Give the "UNBROKEN LINE" of Fashion
All Good Stores—Various Models—
$1.00 and $1.50

Borax Makes Your Clothes Sweet Smelling
Wash your clothes with 20 Mule Team Borax Soap Chips and destroy perspiration odors and make your clothes clean, and sweet smelling. It's the Borax in these Soap Chips that does the work.
20 MULE TEAM BORAX SOAP CHIPS
will not harm the most delicate fabric. An 8-oz. package of 20 Mule Team Borax Soap Chips will do the work of 25c worth of ordinary laundry soap. Prevents shrinking.
To make genuine old-fashioned soap paste, good for all household purposes, add one quart of boiling water to three heaping tablespoonfuls of 20 Mule Team Borax Soap Chips.
20 Mule Team Borax
Absolutely the best Borax for kitchen, laundry and bathroom. A time and labor saver. Always look for the picture of the famous 20 Mules on every package of both these products.
Sold by all good dealers.