HOUSEKEEPING AND SCHOOLTEACHING

WOMEN HAVE MADE GOOD IN

Demonstrated by Students in the Classes

of Dr. John A. Kolmer

LABORATORIES ····

FORMERLY WERE THE TWO WOMAN'S

PROFESSIONS ····

# WARRIOR AND DOCTOR WOMAN IS PROVING HER WORTH, EXPERTS SAY-ANSWERS TO QUERIES

### IAN NOT THE WEAKER SEX **IS FACT WARTIME IS PROVING**

Dudley H. Sargent, of Harvard, Says We Would Make Good Soldiers and Tells Some Reasons Why

Free

Over and over I tell my lover

clear of sound,

February Century.

I am free, free-over and over,

But when the night comes black

I am free-1.

and cold,

I am bound-bound.

old :

I am free.

FAR as her physical endurance erned a woman would make soldier as a man.

**OVER** and over I tell the sky, an authority than Dr. Dud-H. Sargent, head of Harvard Colsymnasium, is responsible for Over and over 1 tell the sea. ment in a recent interview. ctor doesn't stop here either. roes on to say that women have

as much courage as men and, ns more unusual indeed, that ind for pound they can spend more ular energy than men can.

It is by the strength in her legs n scores, he explains. When rm work comes in she is at a disadage. Give a trained woman the ce to use the muscles of her wer legs, Doctor Sargent says, and me cases she can lift a thousandnd weight. He cites instances where women have actually done this.

T IS interesting to note how Doctor Sargent tramples down that old pet ory about woman's lack of strength to nurse it. He isn't happy unless and courage. It is encouraging to the every one in the house is just as un- body. woman who reads this now and feels comfortable about it as he is. Then no answering beat of energy. Woman he reminds us of mother when she a this: from the very beginning she seldom does so, why should we? has been so surrounded with the idea

of her own weakness that there was thing else to do but believe if, and ALL in all, Doctor Sargent draws a fruits, nuts, cooked grains and vegeshe's been believing it ever since- future of women in war work. And tables, until now.

To prove his contention of what the purportedly weaker sex can do when it throws off tradition, Doctor Sargent quotes the Russian women's battal-ions of death, and then, to come

nearer home, our own Annette Keller-mann and Rose Pitonoff, who have shown such marvelous strength and endurance in swimming. War, the doctor asserts, has done and will do great things for woman because physically by it she comes into new development. Vou must not use polson-containing foods. Tea and coffee contain poisons that impair digestion, damage the intro and development. Stress and hot fruit juices.

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 wome of the writter. Special queries like those given before are multed. If is understood that the advort does not receaserily indones the centiment proves. All communications for this department should be addressed us follows: THE WOMAN'S EXCHANGE. Evening Public Ledger, Philodephie, Pa.

#### TODAY'S INQUIRIES

I. What valuable nutriment is supplied to body by such foods as rice, polatees a sugar fruits, as dates, raisins, etc.?

2. When sewing what will prevent the ager from becoming pricked? 2. How are cheeks and plain materials being combined in some of the smart spring sports costumes?

5. If there is no place to keep the ironing menti what simple little device affords a menter hiding place? 3. Does a man have any share in the ex-penses of a house party to which he has been invited by a girl?

ANSWERS TO YESTERDAY'S INQUIRIES

ANSWERS TO TESTERDATS INCUTES According to experiments, the official for a sixteen-some loaf of bread mode that and foel, but not labor. A conting of soot on the Inside of the brides because the decorations such as hearts, cupid's bows, etc., are the official decorations for February 14.

A Good Shampoo

A conting of most on the inside of the ing surfaces of a heating system acts a conting of asbestos would in prevent-February 14.

3. If a lemon is heated before it is specard it is possible to get almost twice is ordinary amount of julce out of it.

Man Will Save Food To the Editor of Woman's Pag-

Dear Madam-I read a latter

### LIVE WITHIN YOUR MARGIN

tries an preventive mediciny will been by Ductor Kelloog in this cul-dulut but in no case will diagnosti-reatiment of athrents be attempted and queries on health will be willy annexed if postage is inclosed.

By J. H. KELLOGG, M. D., LL. D. EVERY person comes into the world with a capital of health.

His capital is his store of physical vitality-capacity equal to the demands of daily life-and a surplus besides. This surplus is your "margin of

gency purposes. Nature has given you twelve times as

much lung power as you need. In an ordinary breath you breaths out and ordinary breath you breath out and in about a plot of air. But by a great effort—emptying the lungs and then fil-ing them as completely as possible— you can breathe in a gallon and a half of air—or twelve times the normal

I, who am young, with fear grow Also the skin ordinarily pours out about an ounce and a half of water every hour in the form of perspiration. But upon demand it can excrete more And I know, when the world is than three pints, or more than fifty ounces of water in a single hour-more than thirty times the amount that is or--By Mary Carolyn Davies in the

dinarily thrown out. And the blood vessels-these have ich strength that a prezsure of fifty He comes a little bit nearer home than this, too. And reminds us of the times the ordinary pressure to which they are exposed is possible before they man with the cold who stays at home

will rupture. And so it is with every organ in your Your power of vital registance is ten, twenty and even thirty times that which is ordinarily required. can be strong and courageous and not has a headache. It isn't necessary within the limit. It is to draw as little Now to live correctly alize it, the doctor asserts. The point to talk about this, because mother as may be upon this reserve vitality. In other words, to conserve your mar

gin of safety you must live the simpllife.

the physical work that some people which is the albuminous element which

cayenne, capsionin, vinegar

Sleep in quiet surroundings. Sleep mid noise is not normaily refreshing. Take plenty of exercise—especially the

Polyclinic Hospital, at Eighteenth and Lombard streets, and watch them—the women who are studying there. You about your work. Discard tobacco, alcoholic beverages.

ten and coffee, "tonics" and other foolers. They are notions that lessen might soon be largely peopled with efficiency and shorten life.

QUESTIONS AND ANSWERS Organic Heart Disease

2. A bright-colored vest, loosely belted in and bound on the edges with contrasting braid, is predicted by fashion experts to be probabler e untry-clob restume for the contrasting for season. A hat matches the vest.
3. When the cars get very red when one scase of heart disease, and cold applications must be made with great care.
3. When the cars get very red when one will tend to beson
3. When the cars get very red when one will tend to beson
4. When the cars get very red when one to season. A hat matches the vest.
5. When the cars get very red when one to season.
6. Curred, but much can be done to aid the sease and cold applications may be postponed for many years.
6. Very hot baltis must be avoided in the cold applications must be made with great care.
7. When the sease set very red when one to season in the cold, butting them with cold the to before going out will tend to beson
7. When the tars get very red when one to be made with great care.
7. When the cars get very red when one to season in the cold, butting them with cold to be the top of the

WOMEN LABORATORY WORKERS SCORE NOTABLE SUCCESSES

from all parts of the country to take these courses. Or perhaps it is due to the fact that as fast as a student is graduated there is a position waiting for ber, and the position calls for a salary of from \$900 to \$1200 a year. "We are training them for this work is as fast as our facilities allow." Doctor Kolner explained today, when he was bearded in his den, "but owing to the small number in the class that this al-lows for and because of our own limited time we cannot train them fast enough to meet the ever-increasing demand."

as fast as our facilities allow." Doctor Kolnuer explained today, when he was barded in his den, "but owing to the small number in the class that this al-lows for and because of our own limited to meet the ever-increasing demand." "Women in this field." Doctor Kolmer continued, by way of explaining "the ever-increasing demand." "are doing nute fine work. As laboratory as-histants and technicians they are capa-by filling the places left vacant by the medical men celled into ther fields. Two years ago the law in this state put forth the demand that all hospitals receiving State aid should employ a technician. Since that time we have medical men called into ther fields. Two years ago the law in this State put forth the demand that all hospitals receiving State aid should employ a technician. Since that time we have been training women for this work constantly. Last year we graduated seventy. Our classes are filled now and we are enrolling students for the sum-mer courses."

We are enrolling students for the summer courses "
There are three distinct courses included in the training. The first gives instruction in the preparation, fixing, hardening, cutting and staining of the dist, for it contains much starch, however, they should never be served with other starch, however, they should never be served with other starch, however, they should never be served with other starch, however, they should never be served with other starch, however, they should never be served with other starch, however, they should never be served with other starch, however, they should never be served with other starch, however, they should never be served. In addition the course, they should never be served. In addition the second and third includes the making of various blood tests, etc.
The work is not all easy." Doctor Kolmer confided. "We require consistent work," he explained, 'from fits one for a distruction, way, they may be diced, mashed the flour and sait. Make a very stiff the the flour and sait. Make a very stiff the there is no excuse for getting in a diltion.
Athl of which is really another way of in youtato rule. The first method is a valuable food in just another one of those that are

Janet

Shonta

saying that the field of medical research in just another one of those that are peculiarly adapted to woman's fine per-ceptions and to her infinite patience in getting what she goes after.

#### Advice to Girls

He has argued the case of another. And his own today are fed: He has built some inches of roadway For others' feet to tread. For others feet to tread, He has daubed a third-rate portrait, He has hung from a trapeze; He has roared on the stock exchange, He has chopped down forest trees. He has kept the books at a grocery, Head science a coh chout. Has driven a cab about Has driven a cab about; He has hustled food at a dairy lunch, He has cut an appendix out. He has followed the plow since morning He has danced in a cabaret; He has grubbed away in a coal mine, He has taught men how to pray.

In his varied avocations He has worked for his daily bread. And a roof for the little circle Of which he is called the head. So, girls dear, let's go easy In what we say of the man; He isn't as clever as we are, But, God bless him, he does what he can! Feminine Facility in the Field of Medical Research Is



#### Coal Camouflage Tomorrow's War Menu

BREAKFAST

LUNCHEON

DINNER (Wheatless)

Baked Fish Chowder

MEATLESS MINCE PIE WITH RYE

CRUST

of seeded raisins, a half cupful of cur-

A half cupful of rice, a half cupful

Toast

India Relinh

The problem of fuel this winter in Baked Apples Stuffed with Dry Cerehl Creamed Codgah making the inventor look sharp for a substitute to take the place of this ex-Coffee pensive commodity. As far as kindling Macaroni and Cheese

material is concerned, a simple remedy Cocoa Victory Bread Sliced Pineapple with Mayonnaise Canned Peas Lettuce Meatless Mince Pie with Rye Crust

rants, a three-quarter cupful of corn syrup, two tablespoonfuls of chopped ciently long to get a fire under way orange and lemon peel, one tablespoonful of cooking oil and a half tearpoonful of The Patriotic Potato mixed spice. Cook the rice in water

until soft, drain. Add to the rice the The Irish potato is a valuable food





Dear Rusty

meal in the form of fresh fruits or fruit juices, lettuce, raw cabhage, cucumber and other salads. These furnish the body with vitamines, so necessary to hody nourishment; and, besides, they supply the built essential to a healthy activity, of the intestine. Get eight hours of sleep each night. Steep in quiet surroundings. Sieep amid noise is not normaily refreshing. Take plenty of exercise—essneeling to the field of medical research to can !

cereal beverages and hot fruit juices. Condiments-mustard, pepper, pepper

irritating sauces and spices of all kinds

in the field of medical research they are waiting for her with open arms. utdoors kind, such as walking. Do not worry or become self-centered. Take a vacation when you dream Perhaps you don't believe this. Skeptics then should visit the laboratory of the

night cill them blazers of a trail that

women. If you go to the Polyclinic Hospital you will watch Dr. John A. Kolmer's classes. Perhaps it is a bit wrong to call his students blazers of a trail. They

safety." Nature means that not only shall you have strength for the day's needs, but a reserve amount for emer-

To the Editor of Woman's Page.

a one about this in our tarnity and talked so much about it o understand. My suggestion one sees the other failing in is that one's part to explain other one see the light. You up, Well, I think that easy dreat the bard she was the set

soap in the water and add the other innary in the home! gredients.

Fattening Fruits and Vegetables to the Editor of Woman's Page:

End the Friendship Dear Madam-Could you publish in your valuable paper a list of fruits and vogstables that are fattening? Thanking you very much, R. G. To the Editor of Woman's Page: Dear Madam-1 am a fellow of nineteen and I have tried to keep company with a

Vegetables and fruits are not essen-ialty fattening. There is, I know, a wirrent idea that potatoes are fattening. Sui all doctors do not agree about this I im naming in order of importance for tat-building foods cullined for me by a the state of the state of the state of the state of the New state has changed again and write in New state has changed again and write in tat-building foods cullined for me by tially fattening. There is, I know, a

stain on lvory or of Woman's Page: data-Will you please tell me how walke, how to remove vaseline to underwar? Please any on as possible: M. F. G.

stained plece with a wide of hydrogen and a fammonia. If this does stain try javelle water, to not allow this to re-ally long. Make several

of the underwear with a but if you have washed and there is still a stain ut with a paste made of

es for Baby

T read yo

The Wasserman Test

What is the Wasserman test? J. L. O. The Wasserman test is employed to determine whether a person is suffering

Dear Madam-Car you tell me through the from syphillitic infection

Exchange a good shampos that is both light and dark hair and that expensive? M. G. H woman a Exchange a sood mampoo that is good for both light and dark hair and that is not so expensive? M. G. H. Here is a formula for a shampoo that can be used either on dark or light hair, if you wish to bring out the best lights in dark hair, however, when the shampoo is used on a brunette substitute tar yoan is used of a shampoo that is to certain laboratory tests. The test consists of obtaining a por-tion of the patient's blood and subject-ing this to certain laboratory tests. When carefully done the test is found to be remarkably reliable. In certain is used on a brunette substitute tar yoan is used on a brunette substitute tar soap the test instead of the blood for the castile.

It is important to know that a

The formula follows: Two ounces of tive" Wasserman reaction is no evidence The formula follows: Two ounces of the Wasserman reaction is no evidence of white custile soap shavings, one fluid ounce of ammonia, one fluid

Dangerous Patent Medicines

Are all patent medicines harmful? MARION.

Hundreds of deaths occur annually as the result of patent medicines. Thou sands become addicted to alcohol and other drug habits by the use of remedies

containing these poisons

#### Traveling for Health

is it wise for an invalid to travel for saith? S. O. S.

bet all doctors do not any other and importance for rat-building foods outlined for me by a prominent doctor. They are milk, and see the set out. What do you thik of it's the health of chronic invalids. The child of the health of chronic action, strongthening the heart, encour-aging proper circulation of the blood, increasing the action of the lungs and blood purification by absorption of oxygen and general health promotion. Change of diet is also in many cases of great service, especially when one goes on a camping expedition. Heavy meals with many cornes and rich dea-serts are processarily exchanged for

Linen for Small Trousseau To the Editor of Woman's Page: Dear Madam-1 saw your advice in regard

Dear Madam-l saw your advice in rozard no a bride a trousseque. I am to be marries and could not afford as full a trousseque and could not afford as full a trousseque and a party together of the same of the sam

An Elusive Play

Editor of Woman's Page: Dear Madam

The hormal raytom of the bowel move-ment requires an evacuation after each meal. This is the rule with animals, infants and primitive people. One a day or once in a while is the rule with most civilized people. If the howels can be induced to move two or three times daily by natural means great advantage will be gained as less opportunity will be given for the formation and absorp-tion of intestinal poisons. -1 desire to socure for small sketch estitled rolers." Can any one h 1997 I have tried in a

Vineland Woman, 103, Dies VINELAND, N. J., Jan, 31. Mrn ner Ecoff, of the Hebrew colony ear the line in Sa'em County we



# **Butter Facts** About the

**Best Butter Made** 

**TOT** HEN we say Best, we mean just what we say-it is a superlative degree term and shuts out all doubt. We are apply-

Maryland

ing it with a full realization of what it means, to what we know to be, the best butter made-Louella.

Fancy Butter as a food is to a great extent a necessity especially to your growing boy or girl. A leading professor recently has pointed out its wonderful properties as an aid to growth-it builds body tissues as well as maintaining bodily heat and energy. Louella is especially recommended, as it is made from the richest Pasteurized cream, insuring its absolute purity.

At a Butter Makers' Exhibition, held a few days ago, one of the creameries supplying us with Louella received the highest award-a fact in itself that proves our oft-repeated contention-that Louella is the Queen of all table butters.

LOUELLA (The Best ) BUTTER, 60c a lb:

## "Richland" Butter, lb. 52c

Very fine quality creamery prints - used by thousands of particular housekeepers on their table every day in the year.

And Throughout Everywhere Pennsylvania, New STORES CO. in ersey, Delaware and Philadelphia

One Thousand of our stores sell War Saving and Thrift Stamps. We heartily recommend their purchase as a patriotic duty.