ENCIES OF TRAVEL WHEN YOU'RE A WOMAN—WAR BOOMS JEWELRY TRADE—GOOD HEALTH

R MAKES US WEAR JEWELS. PRING WINDOW SHOPPING SAYS

Adornment Fortifies, Women Will Be Strong-Many Old Friends Are Seen in New Guises

18 said the most flourishing busiin Europe today is the cheap trade. Women who have been g for baubles all their lives and been obliged to see their husweekly salaries go into haby nd sometimes into other things ney earned in munition factories other war industries. And the luxury their minds turn to is

It is not an influence like this that favor. It truly offers many oppora. because the plunging of our home g are wearing is showler.

is said, no costume will be considered shade. juite complete without them. This ndency comes straight from France. THERE are many other interesting style. It is probable that American rhinestones lighting up the tip. There of this, too.

when this ornament enjoyed a good ping in the late winter. bit of vogue it came in a flat shape. the return of this neck fixing with sponsible for what we see.

Ballad of the Brave

We have loved—but we have lost,— We have fought—but we have failed; We have paid the bitter cost, Yet our hearts have never qualled; We have fallen in the fray Through the sweep of countless

Yet we've risen—and today
We are standing to the guns!"
—Grantland Rice.

making war affect jewelry in Amer- tunities for brightening up the most somber of dresses. But there is an en into industry is still in very unfortunate side to this. Unless one stages. But, undoubtedly, for has an eye for color there can be some reason or other, the war is hav- serious artistic mishaps worked out in influence on jewelry here. Women combining colors that were never wearing more of it, and what meant to peacefully spend time in each other's company. If green cannot be BARRINGS, for instance, that never do go quite out of style, are comfor instance, why it is possible to applied as fabric trimming to a vering in so strongly that quite soon, it wear a jade plaque with a dress of this

over there the round earring that fits T turns to some bits of old jewelry. ugly in the lobe of the ear is giv- There is the veil pin, for instance. One

women will eventually decide in favor is the confure pin that disappeared for a long, long time. Now we find Another piece of jewelry that will it with us again, like ourselves, a little be very much seen in the near future. | slimmer in silhouette, but a bit heavier our prophets tell us, is the plaque in laden with jewels. All these and more new guise. Some five years ugo we see as we go a-spring window shop

Adornment is said to fortify women. Now it is curved. Some will nerald Perhaps this and nothing more is re-

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

hen sewing on heavy material that is

ANSWERS TO YESTERDAY'S INQUIRIES

be Rédier of Weenan's Page:

ser Madam — Will you please send me the
ses of the mother (Mrs. D.) wishing
clothes? I would like to help this
mother welcome her little infant and
a her happy in her hours of pain. I
not been honorable she migh
Consult your parents by all

Red Cross Worl

To the Editor of Woonan's Page:
Dear Madam—I have never of
Cross work, but would like to

the co-operation of such read-Fourself the Woman's Exchange To the Editor of Woman's Page:

The Woman's P

ing way to the long, graceful drop sees it now as an arrow with tiny

2. What is the Australian sapplire?

complexion for the normal weman?

2. Taupe is one of the most becoming

Wants to Go on Stage

HEATING APPARATUS CONVEYED BY HAND ...

1. Sonnets from the Portuguese are love poems for which Mrs. Elizabeth Barrett Browning is particularly noted.

3. It is quite in good taste, but not necessary to send a little gift to the friend at whose home one has visited for some time. Wants to Go on Stage

To the Editor of Woman's Page:

Dear Madem—I am a boy about nine
teen years old, and I am Just dying to go
on the stage, so will you please tell m
where to go and to whom to apply? I would
like to travel for some company and si
some comedy stuff. If you can't get me say
place will you please tell me where ten get
for a position in some theatre where they
need sets? Thanking you it, advance for
any help you may give me, I remain.

rn in the oven.

Under the heading "Theatrical Man-agers and Agencies," in the yellow part of the telephone directory you will find listed the names of agencies that place persons in acts. When you go to any of these places you will have to prove your worth before they will take you on. The stage requires experienced persons. It is

All are large for their age. The eldest, a fir, who is five feet six and three-quarter firsteen in height and weights 130 pounds, will be ready for hish school in September and is just past thirteen. And I know that meat has not done this. I always try to save them yienty of truit and milk and good, plain food, do most of my own baking and I think that their bed is more important than the meyies. My heart always aches for the eart tide children always not aches that the children always aches for the eart tide children are kept that I know do not know what a good night's story is.

A HAPPY OLD-FASHIONED WIFE AND MOTHER.

It does anybody's heart good to read a letter like this. It makes one believe that Uncle Sam is not asking us to do anything that will injure us, our husbands and our children. If little ment can do on think of this case, can turn out a thirteen-year-old girl

zations committees etc.

of women defenders.

Red Cross Work

existe her happy in her hours of pain.

To the Editor of Woman's Page:

Lear Madam—I have never done any Red this mother feels.

Lear Madam—I have never done any Red this mother feels.

Lear Madam—I have never done any Red to fer several others being helped through put forms work, but would like to the put for the put forms work but whom do I write to some one about it and it so that such that of bringing happiness and love into the hearts and house. War work is grand, but nothing its for compare with that of making God's sun of hope and happiness and dark of the compare with that of making God's sun of hope and happiness and dark of the compare with that of making God's sun of hope and happiness and dark of the making God's sun of hope and happiness and dark of the making God's sun of hope and happiness and dark of the compare with that of making God's sun of hope and happiness and dark of the making God's sun of hope and happiness and dark of the compare with that of making God's sun of hope and happiness and dark of the making God's sun of hope and happiness and dark of the compare with that of making God's sun of hope and happiness and dark of the compare with that of making God's sun of hope and happiness and dark of the compare with that of making God's sun of hope and happiness and dark of the compare with the ferset than by creating new machinery.

As chairman of the Woman's Committee of the Council of National Defense I carnestly advise you to discourage the creation of new organizations in your State. This advice is based not alone upon observation and experience, but upon instructions given us at the time of the Woman's Committee by the Council of National Defense, and these instructions were to the effect that we were not to create new machinery that through the Woman's Committee initiate new work when the requirements of the Government demanded it.

The address of Mrs. D. has been forward of the work of the council of National Defense, and these through the Woman's Committee by the Council of Natio

Lucky Months

publish in is needed for real work. No right-thinking woman who is keeping in touch is with the world's activities of war today can fail to realize that this is no

Monday for wealth.
Tureday for health.
Wednesday for crosses,
Thursday for crosses,
Friday for losses,
Saturday no day at all.

Some have it "Saturday no luck at all." These things are all superstitious nonrense, of course. It is best to suit one's own convenience and circumstances when deciding date, day and month for

THE AIR 'ROUND RAILROAD STATIONS THESE DAYS IS ALWAYS BLUE, 'TIS SAID POET MASEFIELD, TAGGED,

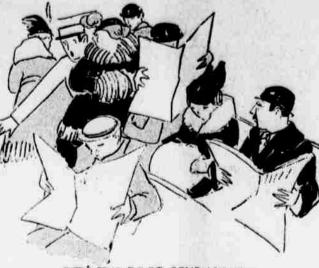


Editorials for Women by Women

CONCENTRATION THROUGH EXISTING ORGANIZATIONS

By DR. ANNA H. SHAW Chairman Weman's Committee, Council of National Defense

the State Councils of Defense.



PITY THE POOR CONDUCTOR ...

YOU SIMPLY CANNOT **ESCAPE THAT 5:15**

This Jingled-Jangled Version Shows All Trains Can Be Caught, With Patience

filled with folks of every grade, who degree. think that it's a pity that dawdling trains and their cabooses—or would you say caboo?—invariably come snailing up when they're long overdue.

When he talks to you Masefield bends courteously, esleged on all sides for interviews, he is yet gracious and abso-

The damsel syelte from Chestnut Hill, whose modiste waits her coming, imparts her grief to any ear that lends itself to chumming. The cook's small boy, whose minester and cook's small boy, whose minester seek cook's small boy, whose minester seek cook's small by the cook's small boy.

parts her grief to any ear that lends itself to chumming. The cook's small bower New York saloon at seventeen. Masefield must yet have been to the manner born. His is that inherent demanner born which is no servant of circumstance. He is a man and a gentleman as well, as one of the finest creatures as well, as one of the finest creatures.

"Two years ago—yeu were not at war fine—I was here. It is quite true, but I do not wish to say too much about it, as a sort of official detectiv that's rigid.

"The train, my dear, got lost somewhere, and none of us could find it. We searched the station through and through, inside and out behind it. The agent wore an anxious air, but still place, but still no train. The prospect was of violence.

"The hours sped on, the throngs increased, the women started knitting. Miss Simpson said she puried all right: her trouble's with the fitting. We read our papers through and through and then we took to fighting over peace and war and food and fuel and Woodrow Wilson's writing.

"At last from out of the deep, dark night the train loomed large and smok-ing. The agent woke, the mobs ran forth. Believe me, there was poking.

Lecture on "The New Age"

James E. Edgerton, president of the ternational New Thought Alliance, will cture on "The New Age" in the Clover oom of the Bellevue-Stratford tomor-ow afternoon at 3:30 o'clock. IN THE MOMENT'S

MODES

Sport Suit of Fawn-Color Moon-Glo Crepe



in your State. This advice is based not alone upon observation and expe-

QUESTIONS AND ANSWERS Ulcers

of the Government demanded it.

The Woman's Committee program includes all kinds of war work for the defense of the nation of which women are capable. A multiplicity of societies only creates confusion, expense, waste of time and energy in useless organizations, committees, conventions, etc., when every carnest woman's time day hasten the healing of chronic ulcers. zations, committees, conventions, etc., when every carnest woman's time day hasten the healing of chronic ulcers.

sidered lucky?

A HEADER

February. April and June are considered very lucky months, and March
has, so superstition says, both joy and
soften very lucky months, and March
has, so superstition says, both joy and
soften very lucky month for marriage. There is no
lucky month for marriage. There is no
superstition about lucky dates except
in some useful work today or preparing to fill the place of some man who will
be called in the next roll of the selective draft.

The old rhyme of the days of the selective draft.

The refore I urge upon women everywhere to discourage multiplicity of
some whole is at Camp Cape
and I sight to make a some and the selective draft.

Wiss MARTIN.

A very few persons may hours of sleep are required
for the average adult? Miss MARTIN.

A very few persons may be able to
make the service, and every able-bodied woman should either be engaged
in some useful work today or preparing to fill the place of some man who will
be called in the next roll of the selective draft.

The old rhyme of the days of the selective draft.

The refore I urge upon women everywhere to discourage multiplicity or
some Persons and the service and continuously for any length of the selective draft.

The refore I urge upon women everywhere to discourage multiplicity or
some Persons and the service and continuously for any length of the service and every able bodied woman should either be engaged
in active service, and every few persons may be able to
get along fairly well with six hours of complete rest in bed are
required by the average persons who have a precision of the selective draft.

The old rhyme of the days of the days of the service and every suck some man who will
be called in the next roll of the selective draft.

The old rhyme of the days of the days of the week
is carried over suck some and every suck some and every suck some and the service and every suck some and every suck some and every suck som neurasthenia require an hour or two more. Few persons are able to work continuously for any length of time with organizations and to encourage the training of healthy young women for their less than six hours' sleep.

no luck at superstitious best to suit in the Baptist Temple, Broad and the bard in the Baptist Temple, Broad and the matter in the Baptist Temple, Broad and such matter in the Baptist Temple, Broad and the birthday of Dr. Russell is. Considered to give as both have as both and as a both as a both and as a both as a both and as

CIRCULATION OF THE BLOOD

May I call your attention to the fundamental purpose for which the By J. H. KELLOGG, M. D., LL. D. Woman's Committee of the Council of National Defense was appointed. THE main impulse is given to the I blood movement by the heart, a holnamely, to serve as a clearing house for all woman's war work and to co- low muscle, which contracts with suffiordinate all organizations of women; to prevent duplication, overlapping and clent force to elevate the blood to a height of several feet in a tube conunnecessary work, and to initiate new nected with a main artery.

The total amount of work done by the heart in twenty-four hours in its conthe Woman's Committee has organized tractions, in an average man, is about according to the methods of the Womlifting 124 tons one foot high, or lifting an's Committee, and where the dea 120-pound weight one foot high 2480 partments of work have been adopted times, or at the rate of about four times and followed as suggested by the a minute for ten hours. By some au-Woman's Committee and approved by thorities the amount of work done by the Council of National Defense, than this.

splendid results have been obtained. The rate at which the heart works with constantly increased co-opera- varies with many conditions. On count- forth, ing the pulse of the wrist the ordinary ing the pulse tion between the State divisions and ing the pulse of the wrist the ordinary Unfortunately, however, there is person lying down the pulse rate will part of women as well as men to the standing position the rate would be organize new and wholly unnecessary increased to seventy-eight. Walking at societies with very attractive names, a moderate rate usually raises the pulse the result of which will greatly inter-violent muscular effort it may be inthe result of which will greatly inter-fere with real work, and in many instances has already confused the public mind, which is even now too much disturbed over the multiplicity of organi-that of a child of ten years, ninety. In aged persons the pulse is likewise found to be five or ten bents faster than in

This tendency to multiply organization is frequently due to the fact that middle age. all the people are thinking, and thinking hard, with a patriotic desire to be eral, is regulated by the heart, The blood supply of the body, in genhelpful and to bring to the service of the Government every new idea which particular part also requires regulation occurs to them. Instantly they undertake to organize for that purpose. This is effected by means of to it. This is effected by means of the control the co

binds and our children. If little ment is in turn out a thirteen-pear-old girl yich as is described above, then it seems you have told me to your father and mother and they will know just how to advise you. And perhaps your mother will speak to the girl's mother in a tactful speak to the will speak to the girl's mother in a tactful speak to the girl's mother and they will know its the regulation of the work or if the idea is a good one.

No plan has yet been brought to the attention of the Woman's Committee than by a distinct and separate organization having the will speak to the will speak to the w Woman's Committee will endeavor to meet the needs of the hour through for blood made by the stomach muscles or brain, which, with every or-gan, depend upon a constant and ade-As chairman of the Woman's Committee of the Council of National De- quate blood supply to maintain their fense I carnestly advise you to discourage the creation of new organizations activity?

How may the offensive odor of ulcers be

Hours of Sleep

country's service under the Woman's Committee. They are the nation's army Vaccination Against Typhoid

Has the new method of vaccination agains

ANNA H. SHAW,

Chairman Woman's Committee Council of National Defense.

FINDS AMERICA HALF AWAKE

Ex-Server of Strong Drink, Now Master of Strong Verse, Sees Country Enthusiastic, but Without Deep Realization of War—He Paints Verbal Canvas

ONCE he came, a penniless sailor-lad, courteous, almost apologetic—to the

for the education that he eventually got by the candle-light in his garret. We called him "Macey" then.

More than twenty years afterward—that was two years ago—John Masefield—some were calling him the greatest living English poet without rebuke—came again. This time the author of "The Everlasting Mercy" and "The Widow in the Bye Street" needed no introduction, and halls were stormed by those who wished to hear and see him.

Well, he's here again, Masefield is, and

tion, and halls were stormed by those who wished to hear and see him.

Well, he's here again, Masefield is, and this time a little identification tag hangs from his wrist. But that's for the Boche and not for Americans now. Masefield has come direct from the dugouts where Halg's men are entrenched. He's the official historian of the Somme and Gallipoli campaigns, and the slender chain on the slender wrist tells more graphically than words the kind of danger the poet turned historian has been running.

Masefield in the flesh is a pleasant surprise, one might almost say shock. You know his pictures and what they lead you to expect—a little, undersized man, wistful, almost dissipated, reminiscent of the consumptive or the dope

iscent of the consumptive or the dope of the German morale, fiend, tousied and unkempt.

HE'S A PLEASANT SHOCK

ing.

"But now you are at war and their propaganda does not count so much. I see a tremendous spirit of enthusiasm."

Add beaten egg. Form into active and place or sausages, roll in flour and place greated pan with a small place of or salt pork on each sausage. But see a tremendous spirit of enthusiasm. here. It is impossible, of course, to have the very deep realization of war that we English and the French have. For when

there are no tremendous casualties war maintained a silence. Folks filled the place, but still no train. The prospect "But you already have as many men was of violence." if what you want is to see some fighting it is quite likely you will get some of it." The rich cadence of his poetry package. It is full-throated and in pre-

vigorous and tender and vibrant. "What do I think is one of the most moving spectacles of the war? He turned the question over in his mind for tables and fruit; protein or body-bu

"The stretcherbearers," Masefield said. "I can see them now. They are far out on the battlefield bringing in the wound the luncheon will not be eaten until the lu The air is filled with the screeching three or four hours later, of the shells and the awful grouns of suffering men.

into it, first up to one ankle and then up to the other. About them everyup to the other. About them every-where shells are failing. They are in constant danger. On and on they come, plowing through the mud, bringing in their wounded. Yes, if I am to say the

What do you think is the best way cake, nuts and

him. We let him work in a bar in the day and grope, half-starved, at night little huts that it has established

By M'LISS

Democracy's now being made in all the railroad stations, while trains long due indulge themselves in shameful dissipations. The waiting rooms along the lines that lead into the city are filled with folks of every grade, who

Tomorrow's War Menu BREAKFAST Baked Apples Potato Sausages Buckwheat Cakes

Corn Syrup

DINNER-Wheatless Roast Duck
Mashed Potatoes Currant Jelly
Cream Turnips
Corn Mumins
Fruit Salad with
Coffee Cake

Lunches for School The daily lunch box may be mad ource of delicious mystery to the ch of at school instead of an uninteres

In preparing these lunches we turned the question over in his mind for a minute and let wander the intense gaze of the pellucid eye with which he fixes his interrogators.

It was at the Bellevue-Stratford. A throng of diners, some in decollers, some in swallowtails, with here and there a foods containing fats. We should chart that it as a regulator of the crim at least one food from each group.

In packing the lunch basket com-

Care should be taken that all fruit "HELP Y. M. C. A." HE SAYS.
"Here come the stretcher bearers. It is muddy—soft, thick mud. They sink not it, first up to one gakle and them."

HELP Y. M. C. A." HE SAYS.

"Here come the stretcher bearers. It is muddy—soft, thick mud. They sink not it, first up to one gakle and them."

It is muddy—soft, thick mud. They sink not it, first up to one gakle and the muddle for and unappetizing with in a short time. Wrapping the same Suggested school lunch bills of fare:

butter, banana, sweet shocolate. erbread. Baked-bean sandwiches, lettuce sa

their wounded. Yes, if I am to say the one thing that seems to me the finest of all the fine things in this war I think it is the stretcher bearers."

The picture held you and you felt that this man had his art of painting word pictures in broad, vivid strokes not been so true, must surely have wielded the brush.

"What do you think is the best rese Date and peanut sandwiches, mas Creamed celery for patriotic Americans who will never see the battlefields to do their bit?" The question brought him back—gentle, States Food Administration. Stuffed eggs, brown bread and be

BAKER'S BREAKFAST COCOA The food drink without a fault

Made of high grade cocoa beans, skilfully blended and manufactured by a perfect mechanical process, without the use of chemicals. It is absolutely pure and wholesome, and its flavor is delicious, the natural flavor of the cocoa bean.

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