# BRINGS BACK THE SCRAPBOOK—SUGARLESS CANDY FOR THAT SWEET TOOTH—FASHION

## ESS IS FINDING THE ECHO IN JUR 'NEAR' CUSTOMER'S HEART

Lowly Salesgirl Was Made Assistant yer Because She Knew What to Talk About—She Found the Echo!

ccessful woman always the

woman? ago the lowliest salesgirl lingerie counter surprised by being chosen as assistant n that vacancy occurred in

idn't have minded if she'd marter than the rest of us. way the girls who worked took the promotion. e girls were right in one

The lowliest salesgirl, so far were concerned, didn't seem

e was a successful woman!

T is success?

heard a prominent business ne it once. ss," he said, "is finding the your neighbor's heart." It high-sounding, rather flowery

when you take it apart you'll ame assistant buver.

id our little friend find it? coal, of course, or anything time.

Freeze, freeze, thou bitter sky, Thy sting is not so sharp As friend remember'd not.

really needed but was too preoccupied

Time and time again after that the salesgirl was caught in the act of finding the echo in her neighbor's heart.

occurred. The powers that ruled in that store began to think, and here was the verdict; Any girl who makes it a habit to

into the commonest philoso. find out what people like to talk about, the world. You'll also discover smile about and keep quiet about, on why the least of the sales- would make a pretty good person to guess what people are going to like echo in her neighbor's heart! to buy next season!

near down the aiste. He caught look for the common bond. Bigger aking a sale to a woman who deals than most men dream of have out to walk away. He heard been made or not made on this innoake the sale on the strength cent little hinge of talking or not talk ring no coal." The girl wasn't ing about the right thing at the right

she afterward explained she successful!

## THE WOMAN'S EXCHANGE

should iron or tin utensils not 2. What should a woman answer when the man to whom she has been introduced fashion arrange?

How the man to whom she has been introduced fashion frame.

by which the amateur decorator girl be made from an old piece of black ways be guided;

the case of the housewife are ton aids in the vocational training schools which are to be established for the disabled with spicots, long-handled dust pans selless mops and dusters.

1. Women will act as special reconstruction aids in the vocational training schools which are to be established for the disabled with spicots, long-handled dust pans soldiers and sallors. Miss Marguerite Sanderson, president of the Beston School of Physical Education, has been appointed supervisor of the sallors.

should not be served as a vege-

## Many Things

Madam—Kindiy publish answers to lowing and oblice:

What does a hope chest contain, so do you think a girl foolish for one, as my fiance has been called colors?

irst. A hope chest is the name comby given to the box or chest in which
engaged girl keeps all the things she
eving to use on her person and in
house after she is married. All
goes in here and so does lingerie,
Any girl who is actually engaged,
her ring on her finger, is not foolish
sp one of these, and the fact that
fance is away in a camp is no
m why you should not have one,
cond. Although a low-heeled shee is
considered as dressy for dressy occus as a high-heeled one, many peoprefer it and even have their evening

fer it and even have their evening selippers made with low heels. By means wear them all the time if ligh-heeled ones hurt your feet. did. Vaseline rubbed faithfully on yebrows and eyelashes every night ass their growth.

th. The average grown person have eight hours' sleep every The sleep before 12 o'clock is than the sleep that comes after the additional nap that might be thed in the late morning. Your tion will be answered later.

atriotism Uncle Sam Wants

wartime that is bringing out

To Use Up Duck

or or butter substitute and stirring as you add, a half sach of chopped onion, cel-epper and paraley, a table-flour, a quarter of a tea-sak and a half teaspoonful Sile this until it is well for Ald a cupful of soup its of the couper and a blade of

### Ingratitude

Blow, blow, thou winter wind, Thou art not so unkind As man's ing: titude; Thy tooth is not so keen, Because thou art not seen, Although thy breath be rude,

Then the vacancy in the department

for a business man, wasn't

the manager of the store dis-d her finding it one day as he Techo in your neighbor's heart. You

had to do with keeping warm. The girl who masters the art of the woman looked worried and getting next to the people by talking ight it might have been about about the things they are interested nace. So the salesgirl talked in goes three miles ahead of the the fuel shortage. And the weman who is just plain brilliant. bought three combinations, She is more than brainy. She is

TODAY'S INQUIRIES

hat is the food value of mushrooms? | 1. For what beautiful china is France

flowers what general rule 3, How can a very pretty hat for a little

To the Editor of Woman's Pour! Dear Madaru — This is the second time within two weeks that I came to you for advice, but this is a different matter. Last Sunday I went with two friends to call on

Fickle Maiden ,

What do you advise me to do? Shall I sell her that I love her or shall I listen to it her that I love her or shall I listen to it her that I love her or shall I listen to it her that I me lots of herrid triings about ex, but I don't believe them. If they take a about her I will certainly have a fake of about her I will certainly have a fake the interest and more than one time they led to me. Please give no an answer as 200, as you can. C. L.

You can scarcely be in love when you have seen the young girl so few times. If you have reason to doubt your friends do not believe ugly stories in regard to her, but certainly do not tell her you love her until you have given yourself plenty of time to be sure. There is no need to discuss her with your friends nor to discuss these friends with her. 1 am afraid, however, she is flirtatious, since she accepts rings and sends them back with no explanations. Be good friends, is my advice, but do not make ove to her. It sounds as if she were

## Anent Taking a Boarder

Thank you for the suggestion to Rain-bow. It has been forwarded.

A desirable room such as you describe should bring \$5 a week if you serve breakfast; \$4 a week if you do not. I think it would be well for you to see Miss Edith Sheldon, secretary of the Philadelphia Bureau of Boarding Houses for Women and Girls, in the Otis Building, Sixteenth and Sansom streets. There for the sum of twenty-five cents you can register your room and be as you can register your room and be assured that the girl who comes to you will be well recommended. May I add that I think this a spiendid and practical bit of patriotism to take a boarder in these times when it is so hard to find a place to lay one's head?

I think you would be wise to lay the

I think you would be wise to lay the material away until next season. With pieces of wood or strong cardboard you can make the rolls such as cloth in department stores is wound around. Wind



SUGARLESS CANDY? CERTAINLY! USE CORN SYRUP

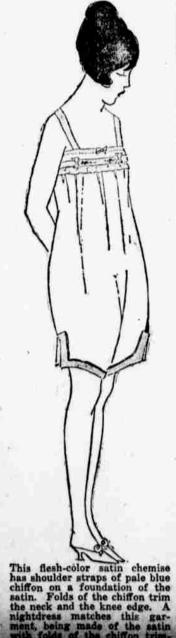
## WORLD WAR REVIVES

How dear to our hearts is the old-fashioned scrapbook, the canvas-bound fashioned scrapbook, the bessencered scrapbook that grandma used to keep? The one in which their pings and posting the newspaper recent of that she began to fill up in the year that grandma used to keep? The one in which their pings and posting the newspaper recent of that she began to fill up in the year that grandma used to keep? The one in which their pings and posting the newspaper recent of that she began to fill up in the year that grandmat volunteered and joined Sherman's army? The one that soon builted with accounts of battle after hat the, all the way from Atlanta to the sear punctus for and against the extension of the way from Atlanta to the sear punctus for and against the extension of the way from Atlanta to the sear punctus in the search punctus in the search punctus in

And now it's back again, that scrap-book craze! In hundreds of homes the scissors and the pastepot are on the job once more, doing their bit to preserve the

### IN THE MOMENT'S MODES

Chemise of Flesh-Color Satin and Blue Chiffon



SCRAPBOOK CRAZE

For the best part about the scrapbed habit was that it was educative. It go people into the habit of preserving articles which were worth preserving. In Educative Mania of Grandma's

Day Returns to Preserve

Data of Present Conflict

Data of Present

current affairs which will repay their preservation for years. Yes, the old-fishloned scrapbook, with a new face, has certainly returned to instruct, amuse and cheer the present generation, flet out your shear and paste, if you would be in the pro

Norristown High Graduates 35 NORRISTOWN, Pa., Feb. 5. — Dr. cary H. Apple, president of Franklin d Marshall College, Lancaster, delivand Marshall College, Lancaster, delivered the address to the thirty-live graduates of the winter class of the Norristown High School at the commencement exercises yesterday. The salutatorian was Dorothy Webb Simons, and the valedictory was given by Elizabeth H. Hurst.

### Tomorrow's War Menu BREAKFAST

Stewed Apricots and Rice Creamed Finnan Haddle Buckwheat Cakes Corn Syrup LUNCHEON-MEATLESS Baked Beans (left over) Peanut Cornmeal Biscuits
on Preserved Cherries

DINNER Reast Stuffed Beef Heart Baked Sweet Potatoes ked Sweet Potatoes Corn Fritters Lettuce with French Dressing Lemon Gelatine

PEANUT CORNMEAL BISCUITS One cupful yellow comment, two tenspoonfuls salt, two teaspoonfuls peanut butter and one cupful water. Put meal into a shallow pan and heat in even until it is a delicate brown, stirring frequently. Make the peanut butter into a nut cream by mixing with one cup water and heating. It should be the consistency of thick cream. Stir the cornmeal into this cream while hot and beat thoroughly. Mixture should be just stiff enough to drop from spoon. Add water if too thick, bake in small cakes twenty-five minutes.— United States Food Administration.

### Tomorrow Is a Wheatless Day

WHEN a certain French cure heard that America had entered the war he lifted up his tired eyes to heaven and exclaimed: "I know now, Paternal Father, that Thou hast heard the prayer of

Surely we cannot fail them now. We are sending them men and we must send them food. The United States food ad-

ministration tells us all in all the

Allies need 190,000,000 bushels of wheat we must save for them. TOMORROW is WHEATLESS day. BUY TODAY to be prepared to SERVE YOUR COUN-TRY and the ALLIES TO-

Made With Corn Syrup, It Is Pronounced Delicious and

Girls Beat High Cost of

Living

Miss Buth Ashby and Miss Blanche
Curroll, two high school girls of Longmont. Col., carried off 3934 pt. he beets which they raised and harvested with their own hands on a ten-acre tract, it is announced in a report on their work to the National War Garden Commission. P. S. Ridshale, secretary of the commission. Son, is receiving daily requests from school boys and girls all over the country of copies of the food-garden primer, which is sent to them free for a stamp, leven on a small piece of ground considerable "pin money" can be made.

Ridneys to the lammful effects of overtural waters are no more natural healing agents. Moneral waters are in healing agents. Mineral waters are simply rain water which has been contaminated by coming in contact with various mineral substances while percolating through the earth.

Mineral waters are no more natural healing agents in either are the great sait beds or alkall deposits regarded as a tending agent; neither are the great sait beds or alkall deposits regarded as matural healing agent; neither are the great sait beds or alkall deposits regarded as matural healing agent; neither are the great sait beds or alkall deposits regarded as matural healing agents. Mineral waters are in no water with healing agents. Mineral waters are simply rain water which has been contaminated by coming in contact with warrous mineral substances while percolating through the earth.

Mineral waters are in no way beneficial to a healthy man. They may, in some instances, prove of temporary service in emergencies, but their constant use is now recognized as being highly detrimental. Many European physicians who formerely recommended mineral waters are simply rain water which has been contaminated by coming in contact with various mineral substances while percolating and the sail beds or alkall deposits regarded as a healing agent; neither are the great all beds or alkall deposits regarded as a healing agent; neither are the great all beds or alkall deposits regarded

Asked to Be Buried in Syria

## LATEST SWEETMEAT

GEORGETOWN, Del., Feb. 5.—Far om his native Syria, to which he was anxious to return, but could not on account of the war. Moses Hallal, aged fifty-five years, died near George-town. His dying wish was that he be buried in his native land.

(Copyright)

of sleep-at least eight hours; exercis Wholesome

## mentories of a war that is bigger than the Civil War was. And that's a good SUGARLESS CANDY

cause you won't have it.

SCIATICA AND

ITS PREVENTION

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

ONE of the most common forms of

is sciatica. It announces itself by a

dull, heavy ache in the back and upper

portion of the thigh. The pain gradually

becomes more intense and is increased

Sciatica is perhaps the most common

of all forms of neuralgia. A patient

who has had one attack is much more

liable to subsequent ones. The disease

sometimes passes away in a few days,

but generally lasts from four to twelve weeks, and may become chronic.

The causes of sciatica are essentially the same as those which produce other

neuralgia. It is sometimes produced by sitting on a hard chair a long time. Severe exertion of the limbs also some-

Severe exertion of the limbs also some-times excites an attack. A predisposi-tion to the disease is produced by a weak or depressed state of the system. Cases occur in which prolapse of the ab-

dominal viscera and irritation of the

The best means of relieving sciatica

It be best means of relieving scialized is to get into a tub of hot water—as hot as you can stand it. Then, after a minute or two, let in a little cold water, then, after another minute, put in more hot water. Thus continue the bolling process until you are as red as the so-called "hoiled lobster". By this time the

pain will have disappeared. Ten or lif-teen infrutes of this kind of treatment

sciatics if it is repeated a few times. Whenever the pain returns get into the tub and undergo another boiling process. The pain-relieving power of heat is

comes back it is not so severe as it was before, and another dose is more likely

to bring relief than was the first one.

The best way to cure sciation, of course, is to live above it—to keep the

resistance so high that one's nerves are unassailable. Plain, wholesome feed, no tebacco in any form, no alco-

liquors-Including wines-plenty

by moving of the affected limb. Sometimes there are cramps in the muscles of

the limb.

nerve trouble is neuralgia, and one

catarrh. They also expose the liver and kidneys to the harmful effects of overof self-confessed candy experts will spring up like magic and try for the kidneys to the harmful effects of over-prize.

Catarrh. They also expose the liver and kidneys to the harmful effects of over-prize.

There are many excellent natural waters which are remarkable for their ex-treme purity or freedom from both min-eral contamination and germs or hac-teria. Such waters may be used freely,



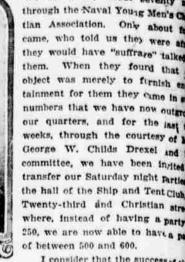
## Editorials for Women by Women

PATRIOTISM AS SUFFRAGISTS UNDERSTAND IT

By MRS. GEORGE A. DUNNING Philadelphia County Chairman, Woman Suffrage Party of THE Woman Suffrage party, both as a party and individually, is doing work which is ordinarily understood as patriotic. We ar, all working

the Red Cross. We are all knitting busily and we have two especial brane of work to which we are giving a great deal of attention.

We have been pioneers in the entertainment of the boys of the army of the most serious types of neuralgia navy. On the eighth of last June we had our first party for enlisted m



MRS. GEORGE A. DUNNING

part of our difficulties is over, although we are still most grateful or will cure the most obstinate cases of financial help that people are inclined to give us.

In the spring the Woman Suffrage party applied for a membership as auxiliary in the American Red Cross and was accepted. We are Auxilia No. 226. Our distinguished fellow townsman, Dr. W. W. Keen, gave us one of the most remarkable facts in the control of say, but it kills pain by making you oblivious of it. Heat, on the contrary,
kills pain by actually destroying it.
When one takes a dose of opium the
pain is relieved, but when the opium is
gone, the pain is still there and the

gone, the pain is still there, and the next time requires a higger doze of optum; but when we kill pain by heat the pain is dead. It is gone, and if it secretary of the Philadelphia Woman's Committee, Council of National B We are also agents for war savings and thrift stamps, and the cha

While working loyally along the accepted lines of patriotic work we ! that we have a mission broader and more far-reaching. It is our spec one-sided, incomplete state. While our boys, our brothers, our husbinds , world safe for democracy, we feel that we could have no higher patrie in the outdoors, and an utter handle world safe for democracy, we feel that we could have no higher patries ment of worry-follow that plan and you will not have to cure relation, belives a very real and useful thing.

The ballot, which will undoubtedly be put into the hands of every wee in the United States within the next few years, is the only newssary which the earnest, faithful women of the United States know that they me and must have, in order to be the help which they must be to america Hot and warm enemas have a relaxing men in the trying and fateful days of the reconstruction of not only our feet tendency. Cool enemas, that is, at a but of the practical issues which affect us all, and which will come at the temperature of 85 to 70 degrees F., have close of this devastating war.

# J.M. Gidding & Co.

announce that they have taken over The Ville dc Paris

> at 1422 Walnut St. West of the Bellevuo-Stratford between Broad & Tifloenth

AND WILL OPEN THIS DAY TUESDAY, FEBRUARY 5th

New Spring Fashions

ALSO ANNOUNCE

The CLOSING OUT of WINTER STYLES in WRAPS, GOWNS, SUITS and MILLINERY, due to the taking over of the "Ville de Paris," whose establishment we have purchased.