THE HIGHWAYS AND BYWAYS WHERE WOMEN ARE WORKING—VARIED INTERESTS DISCUSSE

SHOULD TALK ON INVITATIONS

Not Answering Them Promptly Causes Much Waste of Food—Some Intimates Phone on "the Day" to Register Regrets

IE still small voice of Hoover has ever said a word about answering e's invitations to a party. But it as though these two things ght to be lined up-food conservaand etiquette.

och food it is possible for a hostess ld it ever occur to you just how ite when she doesn't know "how y are coming"? Recently I had on to talk to a woman who had ued twenty-four invitations to a eon. The day before the party had heard from exactly fourteen her possible guests. When she at to market that day she had to dy for twenty-four, because as every knows, it is less embarrassing to have too much to eat than too little.

On two other occasions this same thing had happened, the woman explained. One of the times on the day of the party all but two of the tardy ones had phoned or mailed last-minute acceptances. On the other occasion all but two of eight from whom she had not heard sent regrets at the last

· You can easily imagine her predicament then on the day before this importance. But leaving our adminluncheon we have been discussing. They might come or they mightn't

IT is to be remarked that those who ing on the rights of friendship.

The exact effective on answer some time and find out.

"Oh, my dear, I knew you'd know I

Who is it that says this? Or-"And I waited until the last minute to see if I could make it and I knew you would understand. And I'm SO

Who is just as likely to say this?

3. What is Crecy soup?

17 per cent are protein, or muscle-ing calories, and 7 per cent are fat

In my experience it, one wealthy family have seen as much good food thrown out would have kept two or three poor amilies, pans full of good meals, fowls, egstables and bread, while at the agent was a summary of the second of t

No one would know or believe of the waste of food in wealthy families except those who have seen it. It is there, either to use or throw out.

ONE IN SERVICE.

It has been held that the very rich are

mical. Only two days ago a num-

of them put themselves on very strict

ons. How this will work out re-us to be seen. It is held that the very cannot by force of circumstances

atest waste comes in the middle ses, particularly the families that are iting by the higher wartime wage

many fields. Here is some one who aks differently. Who agrees or dis-

Crib for Baby

Editor of Woman's Fdue;

Madam—Do you suppose any of your
swould be willing to sell me a crib
little girl baby, who is one year old?
a there is some one who does not use
y more. I cannot afford to go to a
gre store and buy one. I will nay for
uling of it.

MOTHER.

We can't sell things through the

What Is Apple Snow?

o anything but economize, and that the

Old Friends

The Minstrel Boy The Minstrel-Boy to the war is gone, In the ranks of death you'll find

him; His father's sword he has girded on, And his wild harp slung "Land of song!" said the warrior bard, "Though all the world betrays thee. One Sword, at least, thy rights shall

guard, faithful harp shall praise

The Minstrel fell!-but the forman's chain Could not bring his proud soul under; The harp he loved ne'er spoke again,

For he tore its chords asunder, And said, "No chains shall sully thee, Thou soul of love and bravery! Thy songs were made for the pure and free. They shall never sound in slavery!"

saving seems to be a matter of vital attention to this big little detail is highly worth while.

It is time for us al, to stop infring-

The exact etiquette on answering iast minute are usually one's best written invitations reads this way: friends. Make a little experiment They must be attended to as promptly as possible in a definite way-leaving all conditional acceptances out of conwas coming. So I didn't bother to sideration. No hostess would have the than a definite regret. But this is their brains for giving service and getoften the case.

It is infinitely preferable to decline sufficient for three days. an invitation and run the risk of pos- An adult doing muscular work require EAVING Mr. Hoover in this little the last minute than to subject a host-

promptly for the pure sake of food there in the end, after all.

man is presented to the woman.

Photograph May Be Asked for

friendship between young persons. Clarabelle Was Right

You were perfectly right, my dear Charabelle; there was no reason why you should take money from the young man, even for the church collection, un-

less you had forgotten your purse. Then you could borrow some change, but should be careful to return it on reaching home at the first opportunity.

Thanks for Megon Escomb

TODAY'S INQUIRIES

ANSWERS TO YESTERDAY'S INQUIRIES

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 gives also are furtied. It is understood that the editor does not accessively inderse the scalingent expressed. All communications for this department should be addressed as follows: THE OMAN'S EXCHANGE Evening Public Ledger. Philadelphia, Pa.

The size and weight of the individual,

1. There are 1800 calories, or units of 1. The American telephone operator unit, and value, in a pound of out breakfast food. composed of girls who are being recruited by the signal corps, will soon so to be composed. organic disease.

r-six per cent of these are carbohydrate by the signal corps, will soon go to France ries, or those that make work power: to join Pershing's forces. Fruits, vegetables and the dextrinized 2. When introducing a man and a woman, S. A vest made of oilsilk and lined with 2. Discoloration can be removed from sluminum ware by adding a teaspoonful of exalle acid to water which has been placed in it. Boil the water for five or ten minutes. If any stain remains, dip a moist cloth in one of the powdered cleaners on the market and rab until it is gone. Be sure to wash the pan and boil in clear, clean water after using the acid.

2. A vest made of slicilk and lined with wood has recently made its appearance in the woman war worker's costume.

Place Cards for Valentine's Day To the Editor of Woman's Page.

Dury Madam—Can you suggest a way to make pretty place cards at home for a St. vest made of slicilk and lined with wood has recently made its appearance in the woman war worker's costume.

How may fresh, uncooked fruits be sterliged? COOK.

There would certainly be nothing improper in asking her for a photograph. Some girls' parents will not allow them to give their pictures to young men. There is nothing improper, as I say, in asking for it nor in giving one, and it is often done when there is a strong friendship between young persons. When to Drink Hot or Cold Water Under what circumstances should not and old water be drunk? F. E. W. When there is pain or distress of the

stomach it is generally well to drink very hot water. Hot water is also bet-ter in cases of hyperacidity. Cold water may be taken with advantage in cases of fever. In certain cases of ulcer of CHAPADEHE WAS RIGHT

To the Editor of Women's Page;

Dear Madam—I visited some friends recently and well to church with them. When the time came to take up the collection the young man who was next to me offered messime money to put into the plate I did not accept it, but gave from my own means. He was hurt about it. Was I correct or was my action farfetched? CLARAHSLLE. the stomach, it is better to take cold water, and also to take food cold rather (Copyright)

Coffee LUNCHEON-WHEATLESS

DINNER Codfish Omelet
Stewed Tomatoes India Relish
Lettuce With Mayonnaise

To the Editor of Woman's Page:

Dear Madam—I notice answer to my inguiry regarding the playlet extilied. The
Automatic Warbiers," and have sent to Cen1977. Company for a copy. I desire to
1978. Company for a copy.

RAINEOW.

RAINEOW. Here is another message for Megon Escomb: Will she kindly send her ad-dress? A young woman has requested it is reference to the discussion anont "the in reference to the discussion agent "the parlot boarder" which appeared in the Woman's Exchange recently.

Sites for Camping

to sanow is a very tasty dessert.

It is anow is a very tasty dessert.

It is anow is a very tasty dessert.

It is anow is a very tasty dessert.

It is a summer.

It is it is it if it is sumit is sumit is sumity be summer.

It is a summer.

It is a summer.

It

TILL SMALL VOICE OF HOOVER | "PAY UP, UNCLE SAM, AND HELP THE FOLKS BACK HOME!"



BRAIN WORKER'S PROPER DIET

By J. H. KELLOGG, M. D., LL. D. THE great mistake made by brai workers is in following a diet suitable for the development of muscular efficiency rather than mental efficiency.

The body makes no demand for heat and energy when one follows a sedentary courage to say that a conditional acceptance often causes more worry students, teachers and others who use

an invitation and run the risk of possibly having been able to accept at the last minute than to subject a hoster discussion, answerir; invitations ess to the chance of your not being there in the pure sake of food there in the end, after all.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of paster only and segment with the name of the voiter. Special queries like these gives defentary in their habits—does not require more facility. It is understood for the department should be addressed as follows: THE paster only and segment the paster only and segment with the name of the voiter. Special queries like these gives defentary in their habits—does not require more facility. The size and weight of the individual.

The size and weight of the individual.

TODAY'S INQUIRIES

1. What are the warm and the cool colors?

1. How has Mrs. Edward MacDowell, ration. The larger and heavier the perwitted of the permitted of the composer, given great aid and impetus to struggling artists?

1. How has Mrs. Edward MacDowell, with the exception of the obene) the property of the prop

cereals should form the bulk of the dict. The beverages should include fruit partment of the Red Cross. 1607 Walnut jutees and fresh buttermilk. One should street of which Mrs. Henry C. Pover in drink about eight glasses of water daily, taken at hedrine, in the early morning and between meals. A half glass of water with meals is quite sufficient. Cereal drinks are harmless, but tea and coffee are especial enemies of the man who does brain work.

Street, of which Mrs. Henry C. Boyer is in charge, only about twenty have been received.

From the camps come heartrending letters of the distress caused the drafted and enlisted men when they

An excellent method of sterilizing vegetables and fruits is to immerse them after washing in a 5 per cent solu-Since then we have become very good friends and I admire her very much and would like to ask her for a photograph of herself. Would you consider this request all right, or would it be improper between a bay and girl as young as we are?

A. C. ... tion of peroxide of hydrogen for five minutes. This will destroy all germs and parasites. The same solution may be used several times. Eline in water after the nearlide hard.

Tomorrow's War Menu BLEAKFAST

Farina With Steamed Figs French Toast Corn Syrup

Potato Chowder Graham Muffins Baked Apples

Chocolate Cornstarch

CODFISH OMELET One pint codfish, one pint raw pota

One pint codfish, one pint raw potatoes thinly sliced, one-quarter teaspoonful pepper, salt, one tablespoonful butter, one egg, one-half cupful milk, two tablespoonfuls drippings, parsley.

Boil the codfish, which has been soaked and picked fine, with the potatoes. When cooked, mash fine and add pepper, and sait if needed; add butter, yolk of egg, milk and last of all the stiffly beaten white of the egg. Melt one tablespoonful of drippings in each side of an omelet pan and pour in mixture; brown nicely. Fold together and garnish with parsley.—Good Housekeep-



WHAT WAS WRONG, WE FOUND, WAS THAT THE PLUMBING IN HER HOUSE HAD BURST !



SOLDIERS' WIVES IN DIRE NEED THROUGH FAILURE TO GET PAY

every case have been unanswered.

Of the 1581 applicants for allotstreet, of which Mrs. Henry C. Boyer is

Trace Cards for Valentine's Day

To the Editor of Woman's Page:

Dear Madam—Can you suggest a way to make pretty place cards at home for a St. Valentine's parts? There are alsout twenty such money on them.

PLORENCE.

If you go to a specialty shop where cards and purpose of yery small hearts and the increasing villamines.

Confect are specially additionally and the day not take too much of foods that are rich in protein. Bulky vegetables are especially advised, and also the unplications for the allotment were made conserved by the confect of the protein of the increasing villamines.

From the women come desperate approximate the increasing villamines.

chase numbers of very small hearts and little red Cupids with which you can work many wenders. Buy a box of plain white correspondence cards with gill codges, too, a bottle of gold ink and some red baby ribbon. Paste two or three red hearts and one Cupid on each place card, At the same time paste ends of loops of red ribbon from Cupid to heart, etc., so that you can pick up the card like a liftle basket. Print the name of the guest in gold ink and copy a little verse from a valentine on each card. If these could be original it would be so much more fun.

The interpolate the numbers of very small hearts and little encreasary vitamines.

Celety, lettuce, spinach, turnips, onlow, cauliflower, cabbage, sprouts, cucumbers and tenutons are most destrable foods for one following a sedentary life. When nuts are eaten, they should be chewed until they are a cream in the mouth cooked fruits (not much sweetened) should be taken at each meal. Cearse breads should be taken daily.

QUESTIONS AND ANSWERS

Sterilizing Uncooked Fruit

Celety, lettuce, spinach, turnips, onlow, cauliflower, cabbage, sprouts, cucumbers and tenutons are most destrable foods offices, charitable organizations and draft boards.

From the War Risk Insurance Bureau until they are a cream in the mouth cooked fruits (not much sweetened) should be taken at each meal. Cearse breads should be taken daily.

QUESTIONS AND ANSWERS

Sterilizing Uncooked Fruit

Celety, lettuce, spinach, turnips, onlow, cauliflower, cabbage, sprouts, cucumbers and tenutons are made at random to newspaper offices, charitable organizations and draft boards.

From the War Risk Insurance Bureau until they are a cream in the mouth cooked fruits they are a cream in the mouth well-oiled precision; the soldiers have made in the mouth well-oiled precision; the soldiers have made in the mouth offices, charitable organizations and draft boards.

From the War Ris Some of the excuses are justifiable, per-haps, but the fact remains that thou-sands of checks which ought to have come through by this time have not

To the families of the men that charming executive, Mrs. Boyer, and her corps of patriotic workers, most of them volunteers, have been an oasis of com fort in a desert of distress and worri-

Every family which had either been reported to Mrs. Boyer as needing help, or has solicited it, has been investi-gated and relieved. In some cases the Very Great Reductions

also introducing

New Importations gated and relieved. In the form of financial relief has taken the form of financial relief has been obaid, in others employment has been ob-tained for members of working age, home conditions have been bettered. medical treatment advised when it was needed and obtained.

"We are trying to take the place of good husbands to these women," Mrs. Boyer explained. No criticism of Washington, however,

is advanced by the department.
"Of the 1581 applications made," Mrs.
Boyer said, "about twenty allotments
only have been received thus far. They are slow in coming, but not slower than we expected. A new situation has been imposed on the Government and we realize that it will take weeks to get things moving smoothly."

Three hundred and forty-seven new

families cropped up in January alone to be cared for. A visit to the home service department shows you about thirty, or one-third of Mrs. Boyer's volthirty, or one-third of Mrs. Boyer's vol-unteers, working away like beavers at the office work. About sixty more are out "in the field," so to speak, working under trained social workers, investi-gating and relieving sufferers. The other day an Italian boy who was sent back from a camp with tuber-culosis was packed off to a sanatorium.

culosis was packed off to a sanatorium, happy in the prospect of being cured. A young mother was taken out of a mill and given enough money to permit her to remain at home with her small chilling. When her allotment comes she will pay back, if the Red Cross decides she can do so without impoverishing herself.

Scores of women appear at the head-quarters daily and they want to know other things in addition to what has become of their allotment.

"Can you tell me if my husband has

"Can you tell me if my husband has e measles?"

the measles?"
"My brother has been transferred to
New York. May I go to see him?"
These are only two of the dozens of
questions the information desk must "The foreign women in particular need attention," Mrs. Boyer suid.

Only Twenty Allotments Out of 1581 Received-Red Cross Aids Women, While War-Risk Insurance Bureau Offers Many Excuses

2. What odd touch of color gives extreme smartness to a pink record deckine waist?

3. On soing into a public dining room with poorly halmoned diet of the brain worker.

Added to the usual overcating and presents, do empty.

By M'LISS

"Many of their men were drafted because they did not comprehend that they could be and should have been except things for head and presents, do except hing we can.

To cheer middless marchine to see the sugar.

The district of the sugar brain and sailors.

The cheer middless marchine to see the sugar.

The see

PHILADELPHIA. SALONS AT 1422 WALNUT STREET (BETWEEN BROAD AND FIFTHENTH)

Having taken over

the Villa de Laris

are closing out

Winter Tashions

Advance Spring Modes

Dresenting every phase of fashion conceived by

the noted conturiers.

-GOWNS - WRAPS -SUITS -

- COATS - BLOUSES -

wired for her man to return imme-diately. What was wrong, we found, was that the plumbing in her house had burst!"

When the matter of the delay of the allotments was put up to Brown, chief of the soldier pay allotment division of the War Risk Insurance Bureau, he

IN THE EVENING PUBLIC LEDGER of January 29 Miss M. Goentner, predent of the Hatboro Neighbors of Montgomery County, takes exception "Thousands of checks have come back through the mails because of wrong addresses, also other thousands have been held up because the soldiers have made errors in filling out their blanks, have failed to give ages or something like that.

"Thousands of soldiers," he continued, "alleged that although they were married their wives were not entitled to any of their pay because they were unfaithful. These cases have to be investigated and the matter threshed out.

"There may be half a dozen reasons Thousands of checks have come the proposed plan of the Women's Committee of National Defense to em women in farm work. Miss Goentner contends that "Women cannot jus into the breach and save the country's food situation by turning farmer

"There may be half a dozen reasons why checks are held up, but the bureau is now almost right up to date with its work and there are only a very few instances, I believe, where a soldier's pay has been withheld and dependents have failed to receive their money. In case of a delay the back checks will also be mailed to the dependent."

Little Orphan Annie's Tale of the War

By Adelaide Palmer Wanner, deficated to the National Council of Defense. Mr. Herbert Hoover's come t' our house

to stay.

To watch the pans and dishes and put the crumbs away.

And shew the tramps from off the perch, unless they learn to sweep.

And make the fire and dust the hearth

And make the fire and dust the hear and earn their board and keep.
And all us little chilluns when the support things is done.
We gathern 'round the fire and has the mostest fun
A lishnen' to the War Tales Mr. Hoover

How the Kaiser-Man'll git y'u if y'u

Once't Belg'um was a lovely land, so happy and so good.

And when it went to bed one night, as
everybody should.

The Frenchmen heard it holler and the

English hear! it bawl, And when the turned the kivvers down

This Belg'um had a nice young King.

Our Mr. President Wilson says the war will soon he thru.
If we will buy the Freedom Bonds of
Mr. McAdoo.
And save for Mr. Hoover the sugar.



LAURA MARY HEISLER

Dear Rusty

Yestiday Father took me t' Jonesville t' see the big parade -all the men that was goin' t' camp. Some of 'em looked sorta sickly. They'd oughta eat Cream of Barley. Mother says we gotta eat Cream of Barley 'nd save wheat fer the soldiers, but I think that's kinda mean. Cream of Barley 'd do 'em a heap more good, 'nd I bet they'd rather have it-it's so awful good. You better get some, I tell you. I bet they have it where you are.



Cream of Barley



perimentation by the inexperienced under the supervision of one practical farmer or farmer's wife, may do great deal of useful work. For instance, the girls on the Bryn Mawr farm

go about telling the farmers what

do and experimenting "on their on

ner's is entirely correct. That wome

totally inexperienced in farm we

should undertake to instruct practice

farmers is a proposition too absurd ;

call for contradiction. Another cos

tention of Miss Goentner's that mee

the physical strength of women

also be conceded by any intelligen

mind. Nevertheless, it may be shown

proper supervision, serve a useful pa-

pose in doing the lighter and men

strictly domestic work of the farm

thus releasing the more experience

and better trained hands for heavie

times the present is not the time a

It goes without saying that of a

and more responsible duties.

This last statement of Miss Goes

the warm't there at all.

They seeked it up the mountain-side, the river and the sea.

They seeked it in the sky and earth, wherever they could flee.

But all they ever found was jest a stick Kalser-Man'll git you if yo dozen girls working eight or nine hours a day on the farm during the enti-Under Mr. Cromwell's direction they worked systematically and without who loved his people so.

It didn't think in all the world he had a single foe:

The critical trip think his house one night and stole his children. My:

waste. The entire work of planting and setting out, of cultivating and a single foe:
gathering corn, potatoes, beets, cabbages, beans, tomatoes, carrots, celery and stole his children. My:

Editorials for Women by Women

FARM WORK FOR WOMEN AS A PATRIOTIC DUTY By LAURA MARY HEISLER Former Bryn Mawr Student and Farm Worker

hook."

stole his children. My:

And whipped them so turbly, Uncle
Sammy heard them cry.

And so he told his soldier-hoyz to get
their guns right quick

And go across the ocean and make that
Kainer side. work of the farm, it is perhaps no smaller than is a Thrift Stamp in conto mind the Nashmal Consel and watch parison with a Liberty Bond. Therefore, even if "women cannot jump in what you're about, he Kabar-Man'll get yu if yu the breach and save the country's food situation by turning farmer," the

Laura Mary Heisla

3. On going into a public dining room with a woman, does the man go first?

Added to the usual overeating and poorly balanced diet of the heath worker have sent this plea to high Heaven to and to Washington in an endeavor to amount of exercise each day would take care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food. The hane of the sedentary man is constipation and the sedentary man is constipation and the comprehend that they could be and should have been except thing such the work of solders and should have been except the work of the care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food and to Washington in an endeavor to care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food the much-needed allotments long and the work of the care of the surplus food. The hane of the care of the surplus food. The hane of the care of the surplus food that they are the did not comprehend that they could be and should have been such the did not comprehend that they could be and should have been such they do not to the other hand. The officers in the case of the training to get that wicked man.

CHIP of Cobb's Hollow could be and should have been such the officer in the care of the surplus flowers and should have except hand the cause they did not comprehend that they could be and should have except hand the cause they did not comprehend that they could be and should have except hand to weight the interest the did not comprehend that they could be and should have except hand to weight the other was the did not comprehend that they cause they did not complete the could be and sh





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