

MOTHER WROTE TO A QUEEN—NEWS OF INTEREST TO WOMEN—ANSWERS TO QUERIES

KEEPING CARS AND WAR WORK
GIVE CHANCE TO STUDY WOMAN

They Both Show She Lacks Democracy—Jobs in Factories Do Not Appeal, Neither Does Work in Stores

They paid war work for women would particularly remind me of... because there isn't a much better way to test out the democracy of a woman than in paid war work, unless she is a sleeping car.

PAID war work is very much like that. Perhaps you don't think so. Perhaps you think patriotism has knocked down every barrier.

Here is another instance: At Christmas time the suggestion was made by the head of a large department store in one of our eastern cities that some of the wealthy nonworking women in the town take positions as

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department will be written on one side of the paper only and signed with the name of the writer. Special queries like those above may be directed to the editor who will endeavor to answer them.

- 1. What are the requirements for enlisting in the American telephone unit... 2. How can various kinds of paper save money in cleaning-up labor around the kitchen? 3. What is the best value in a wireless cooker?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Lettuce can be made into inexpensive salads for the children's St. Valentine's party. A face is drawn on the lettuce and a shirt of bright-colored paper is pinned to the lettuce. 2. The New York University School of Computing is open to women for the study of responsibility in the business world.

Men Fail Their Country

To the Editor of Woman's Page: Dear Madam—Just a word in reference to the troubles of "A Puzzled Wife." "A Puzzled Wife" is a woman who has been deceived in advising the government. Why can't you valuable people give an article on this subject in the men's columns? Few men read the women's page, but they do not give the articles the value they deserve.

Don't Let Them Do It Again

To the Editor of Woman's Page: Dear Madam—We all enjoy reading the woman's page and I would like very much to see you in it. I am not sure if you could do it or not, but I am sure you would do it very well.

Table for Valentine's Day

To the Editor of Woman's Page: Dear Madam—Can you give me a few hints in regard to decorations for a table for a Valentine party? I am sure you will be glad to see that you meet young persons of your own age once they are assured of your character. You will find if you are kind and try to be understanding if you those you meet that friends will gather about you and you will no longer be lonely.

Wants to Become Artist

To the Editor of Woman's Page: Dear Madam—I am a young fellow of your age and I would like to be an artist or cartoonist, but do not know any art school in the city. Could you please let me know through your column where there is any such place in the city where they give lessons and what they charge?

We Have One for You

To the Editor of Woman's Page: Dear Madam—I am a daily reader of the woman's page and I would like to see you in it. I am not sure if you could do it or not, but I am sure you would do it very well.

BELGIAN MOTHER AND HER THREE SOLDIER SONS



MADAME DUNESME AND HER SON, MAXIM MARCEL DUNESME, WHO WAS WOUNDED IN A FRENCH HOSPITAL.

QUEEN SENDS YOUTH AS MOTHER'S REPLY

Belgian Woman Here Wrote Royal House for News of Son

A humble mother wrote to a royal one in the universal language of their motherhood and the answer that Queen Elizabeth, Belgium, sent to Madame Marguerite Dunesme has given the latter the first real happiness that she has known since the outbreak of the war in 1914.

For Valentine's Day

Valentine's Day lends itself most happily for luncheons for brides-to-be and announcement parties, with crimson roses for the table centerpiece, crimson hearts used as place cards, touches of the same ardent color worked into the various courses, in candies, ices and cake frostings and the daily table accessories, napkins and luncheon dishes, shades, etc.

A Valentine

The Land of Content is a beautiful spot, Lying close to the Garden of Dreams; The leaves never fall, and the forget-me-nots bloom again to embrace the stream. Makes a sky of the banks of the stream. The flowers fade not, and gay banners they fling O'er the grave where they buried all care; And ever they bloom in perpetual spring While their fragrance perfumes the soft air.

IN THE MOMENT'S MODES

Small Hats Are Numerous in Spring Exhibits

A great many small hats are being shown in the multitudinous exhibits of spring millinery. Of the two models shown, the poke shape is of navy-blue lisse, with a trimming of hand-made ribbon flowers in old blue and old rose. The lower hat has been especially designed for wear with the tailored suit. It has a black satin crown and a black wing draped over the right side of the brim. The straw is black split.

Cheese and Rice

One can tomatoes or canned tomato pulp, one cupful cooked rice; one-half pound cheese, salt, paprika. Spread in a baking dish in layers with cheese on top. Bake in moderate oven until cheese is brown.

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FOOD VALUES SUMMARIZED

Advice on prescriptive medicine will be given by Dietetic Religion in this column daily, but in no case will diagnosis or treatment be given unless accompanied by personal services on health will be gratuitously rendered if postage is inclosed.

By J. H. KELLOGG, M. D., LL. D. FORT the man or woman doing sedentary work, or semisedentary work—working that besides sitting at a desk several hours a day also means considerable walking about the office or on the street—2000 to 2500 calories of food a day is sufficient, other conditions being normal. The more active person, of course, will approximate the larger figure, and vice versa.

Of the total number of calories about one-tenth should be protein; an amount equal to one-third to one-half of the remainder should be fats, and the rest carbohydrates.

Table with columns for Protein Foods, Carbohydrate Foods, and Fruits. Lists various food items and their approximate values.

QUESTIONS AND ANSWERS

Care of the Feet in Winter

Give practical hints on the care of the feet in winter. Rub the feet in cold water night and morning. Rub well and apply talcum powder. If the feet perspire, change the stockings every day. Two pairs of stockings will answer. One pair of woolen stockings may be worn a day in preparation for the alternate day; or, if a little soap is added to the water and there is opportunity for drying overnight, a single pair of stockings will serve for a week.

Sciatica

What is the best treatment for sciatica? Sciatica is a painful affection of the large nerve which supplies the back part of the thigh and also the leg. A very hot bath is a most excellent remedy for relieving the pain of sciatica. The patient sits in an ordinary tub with the limbs extended and the water deep enough to reach the navel. The temperature of the water is gradually raised until as hot as can possibly be borne. The duration of the bath should be two to ten minutes. At the end of the temperature may be reduced to 80 degrees F. for half a minute. The patient should be then put to bed and wrapped up warmly. Hot fomentations over the painful points and massages are other measures which may be used. Sometimes sciatica is due to intestinal auto-intoxication.

Mental Healing

Is "mental healing" possible? The success of various phases of mind healers with certain invalids affords most convincing evidence that a large number of persons suffer from maladies which have their chief seat in a morbid imagination or a wrong mental attitude. Thousands of neurotic patients are made miserable by depressing symptoms which are the outgrowth of a disordered state of the nervous system and which have no organic foundation. Morbid sensations which are distressing and even highly painful in these patients not infrequently disappear instantly when a favorable change in the patient's state of mind, by their own hand, or by a favorable mental change may bring about at once an aggravation of symptoms present or may induce a wholly new crop of unpleasant sensations. Every physician of experience has encountered such cases.

Mouth-Breathing

How may mouth-breathing be corrected? The nose should have attention. There is probably more or less obstruction of one or both nostrils. If the habit still continues, the mouth should be closed by some suitable appliance during sleep. A thin strip of cardboard fitted in between the lips and the teeth answers the purpose very well. The lips may be closed by strips of adhesive plaster.

Editorials for Women by Women

MONDAY CLOSING AND THE GIRL PROBLEM

By MARION L. COHEN-POLAK President of the Big Sister Movement and Executive Secretary of Its Social Service Department

OF ALL the ridiculous measures taken by the administrators to conserve coal, the only one touching the girl question was the one lately put into effect closing the shops on Monday and giving the girls a free day. While I realize that the absence of coal in many homes has made many a girl try to amuse herself in some place better heated, and possibly placed her in surroundings that she would not usually be in, still only a small number, comparatively, have been so placed.

The Monday act, however, has operated in another way. The first administration has been notorious for its laxity in enforcing anything but one part of the act, the closing of business places.

Drug stores were allowed to stay open, allowed to use coal, and then only allowed to sell drugs, a ridiculous feature of an act that interfered with a man's business, saved no coal, yet caused an inconvenience to a girl by even preventing her buying a little candy.

As usual, the poor paid for it; the working girl throughout Philadelphia has been working overtime at nights. Young girls fifteen and sixteen years of age, usually at home, or where their parents know they were, were compelled to hold their positions to work at nights for two reasons: First, their employers did not pay them if they did not; and, second, because they would have been the first to be discharged as soon as any one was to be let go. Result: The girls worked at nights, had a liberty that took many of them in such sections as Race street and Vine street or Market and Arch streets. These sections are all right in business hours; but girls unaccompanied in these sections at 10 o'clock are naturally the subjects of suspicion to men. Other girls accustomed to this sort of thing dragged others into flirtations and other dangerous practices that would not ordinarily have enticed them.

I feel sure that the well-intentioned society women who have been doing "welfare work" among girls meant well, but their methods were crude. There is no question that places of amusement were filled to capacity on Mondays and that there was plenty of room for other recreations. But gymnastics for hard-working girls are a farce. They want fun, not work, when they have a day off. The Big Sisters give a dance free to more than 250 girls in their Junior Clubs and invite the escorts of the girls free.

If amusement is to be given to girls, give them what they enjoy; they have a right to have pleasure in life—they work hard enough for it. I suggest that a large dance hall be rented by these associations, give a dance free, have it properly supervised, and then the girls will feel that the women doing this work understand the needs of today—more clean amusement for young people under proper atmosphere.

The gymnasium is all right for the society women who want to reduce weight. Working girls need to put it on. They have enough exercise—usually too much. A nominal charge for admission would even be better. Few persons are so poor that they want anything for nothing, unless they are connected and pay dues in some form to the association supplying it. Consideration at the hands of the donors, the same sort they desire themselves, would make many such projects more successful. People do not want to be pauperized or uplifted.

Our organization, the Big Sisters, is doing purely preventive work. We help girls live normally, remove all abnormal conditions in the home or working conditions where it is possible. Remove the abnormal conditions and you usually have a normal girl and she usually acts right. This is the way to prevent immorality. Proper education along the lines of religious instruction, talks on morality, facts that every girl should know about the sex problem that will enable her to resist temptations and know the reasons why she should not commit folly, and personal assistance with small problems in time.

The Big Sister record of helping girls help themselves and training them to be real Big Sisters to other girls has resulted, so far as the Junior Clubs are concerned, in not one girl among the entire number of more than 250 girls under our care for nearly two years having committed an act that would make her ashamed to face her parents. If such act has been committed, we have no knowledge of it; but we feel sure with the Big Sisters in charge of these clubs it would be almost impossible.

I am not working on theory. We have experimented and proved our system worth while. But please, I beg you, on behalf of the usual girl, don't talk of "uplifting her" and do not pauperize her. Give her what she needs—proper amusement with proper chaperonage at a price she can afford, and you will save thousands of girls a year from the path that leads to degradation and misery.

Marion Cohen Polak, President Big Sister Movement.

Animal Homes in Lecture Ernest Thompson Seton will lecture on "Wild Animal Heroes" in the young members' course of the University Extension Society at Association Hall, Germantown, this afternoon at 2:30 o'clock.

The lecture will be illustrated with Mr. Seton's drawings and photographs. Mr. Seton is known to juvenile readers, and to their parents as well, through the many books he has written on natural history.

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