

WAR ANGLE ON ST. VALENTINE'S DAY—WOMEN SPECIALISTS DISCUSS THEIR SPECIALTIES

ST. VALENTINE'S LOVERS PATRON, SEES WAR THROUGH ROSY GLASSES. Unusual Conditions Have Done Great Things for Love—Young Man With Small Salary Dares to Woo His Affluent Lady

LIKE a sweet stray breath of spring St. Valentine's Day comes to us this year. St. Valentine is the patron saint of lovers, and love is the fragrance that's in the air in wartime.

WAR has done a great deal for real love. It has torn down a lot of false standards. Many a worthwhile young man was afraid to ask a girl to marry him because he couldn't keep her as father did.

WAR has done other things, too, for love. Some girls have been reluctant to give in about getting married. There is one girl, for instance,

Old Friends LOCH LOMOND By you bonnie banks and you bonnie braes, Where the sun shines bright on Loch Lomond, Where me and my true love were ever wont to gaze, On the bonnie, bonnie banks of Loch Lomond.

who steadily refused to marry a man for three years, although she was engaged to him all that time. The lure of a career beckoned to her, and she could not decide to take the step.

FIRST WOMAN DEPUTY U. S. MARSHAL



The distinction of being the first woman in the country to hold the position of deputy United States marshal belongs to Miss Lida Stewart-Cogill, whose home is in Denver, Col. Miss Anderson has taken up her duties with a full realization of their danger. Her father, Edward Anderson, is secretary of the Colorado State Federation of Labor.

Editorials for Women by Women

THE DAWN IN THE RIGHTS OF MOTHERHOOD By DR. LIDA STEWART-COGILL Attending Obstetrics, Woman's Hospital and West Philadelphia Hospital for Women

THIS is the woman's era—she is coming into her own very rapidly and in many different ways. For instance, even the term birth control is assuming an entirely new meaning, and note why.

No longer can this branch of medicine remain in innocuous desuetude—it now assumes the most important place in medicine and ranks in a class by itself of the greatest magnitude.

It has been found that too many needless accidents and complications occur when no advance news is received. So now the child's coming will probably be announced to the Bureau of Health many months before its expected arrival, and full information will be sent to the bureau within forty-eight hours after it reaches its destination.

Further Details About Peter Streech To the Editor of Woman's Page: Dear Madam—Reading your paper in the Evening Public Ledger as to Peter Streech, I would like to say a few words.

How Arrange Silver To the Editor of Woman's Page: Dear Madam—Will you kindly tell me how to place the silver on the table for a dinner party?

Mulled Rice To the Editor of Woman's Page: Madam—Kindly print a recipe for mulled rice. I have a recipe for it, but I am not sure if it is correct.

WHEAT ABOUNDS IN FOOD VALUE

Advice on preventive medicine will be given by Dr. Kelllogg in his column daily; but in no case will diagnosis or treatment of ailments be attempted. Personal queries on health will be answered on postage included.

By J. H. KELLOGG, M. D., LL. D. WE complain a great deal these days about the rapidly increasing price of bread and other wheat products. And yet how often do we stop to consider that, even at the present high prices, wheat in its various available forms is the most economical nourishment that we can procure?

Let us examine a beautiful grain of wheat. First comes the outer covering—a hard, woody casing. When the wheat has been milled this appears in the form of scales, called bran. Beneath this lies a soft and easily pulverized stratum consisting of a number of cellular layers.

Most of us absorb the beneficial elements in the wheat grain by eating bread made of soft flour. A hardy scotch man, however, still adheres virtually to the ancient manner of wheat milling.

In America, France and England, while unfortunately the bulk of the people subsist upon white bread, yet many progressive individuals and institutions are reverting to the old diet.

QUESTIONS AND ANSWERS Milk With Meals Unless one is on the milk diet the proper time to take milk is with the meals.

Colds Will a child contract a cold from a person who has the symptoms of cold a great deal? FATHER: Colds are doubtless sometimes contracted through contagion, but in the majority of cases cold is due to the

IN THE MOMENT'S MODES

Blue Faille Frock Trimmed With Worsted Flowers

Robin's egg blue faille is the material that has gone into the fashioning of this smart little evening frock. The flounce is finished with a turned up band, topped by a narrow frill and caught up to the frill by clusters of crocheted wool flowers in bright coloring.



lowering of the vital resistance of the body, whereby the germs which are already present in the nose and throat are given an opportunity to develop and produce the characteristic symptoms of a cold.

Symptoms of Lead Poisoning What are the symptoms of lead poisoning? COUSIN: The most characteristic symptoms of chronic poisoning with lead are anorexia, digestive disturbances, wrist drop, and conditions of palsy in other locations.

Kitchen Economy The Government suggests we economize on kitchen utensils. To mend a hole in graniteware work a piece of putty until perfectly soft, then take a piece of the putty large enough to cover the hole and put one piece on either side of the metal, pressing together inside and out, smoothing down the edges.

SMITH BROTHERS' S.B. COUGH DROPS. Children will go out in the snow and slush. Give them Smith Brothers' to ward off dangerous colds.

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Tweed-O-Wool. This is the kind of a coat one puts on with complete assurance that she is well dressed and need have no fear that elements or wear will destroy its smartness.

Telephone Personalities. It is only natural that varying temperaments should clearly reflect themselves in the telephone usages of different people.

FILM PLAY DERIVED FROM "OVER THE TOP"

Sergeant Empey to Act in Screen Version of His Adventures

By the Photoplay Editor: Sergeant Arthur Guy Empey, the famous little fighting American who is now engaged in Brooklyn playing the hero role of "Over the Top," the photoplay based on his widely read war book, is to be surrounded by one of the strongest Vitaphone casts.

Tomorrow's War Menu BREAKFAST: Apples with Raisins, French Toast, Coffee, Luncheon—Wheatmeal, Tomato Omelet, Cocoa, Corn Bread.

Canned Vegetables Often canned vegetables need only skilful seasoning to make them as good as fresh. Chopped onions or green peppers may add a good flavor.

India TEA Ceylon. Is Perfectly Pure Certainly a Worth While Quality ONE LITTLE TEASPOONFUL MAKES TWO CUPS

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