

WORK IS PAVED WITH PLANS ADOPTED BUT NOT CARRIED OUT

Strong Brand of Enthusiasm Leads Many a Woman's Committee to Vote Favorably on Things Never Looked Into

Every other day I attended a woman's war work committee meeting. There was a great deal of enthusiasm and a great many plans were made.

"Wasn't it a splendid meeting?" every one said after they had finished singing the "Star Spangled Banner" and were standing in groups on the corner waiting for their street cars to come along.

But enthusiasm ran high. The plans were moved, seconded and carried by unanimous vote before any one had a chance to fully realize what they meant.

PLANS are queer things. If they can bear the light of a lot of questioning about how they are to be put through they are generally the sort of plans that can be put through.

ENTHUSIASM, too, is a queer thing. Men concede to be rulers and managers of men are able to bottle it up.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and should be addressed to the editor.

TODAY'S INQUIRIES

1. What will clean and brighten Jett? 2. How should silk embroideries be washed? 3. What will remove obstinate stains from the hands?

ANSWERS TO YESTERDAY'S INQUIRIES

1. A "Jigger" is a small glass used as a measure for drinking cards. It makes an excellent place to file recipes and other things.

Candy for Soldiers

Dear Madam—Will you please write a recipe for candy for soldiers? I would like to make some for my boys.

From Mother of Soldier in France

Dear Madam—Permit me to agree with you in your article on the "Mother of a Soldier in France".

Old Friends

Sweet and low, sweet and low, Wind of the western sea; Low, low, breathe and blow, Wind of the western sea;

to give in that they are wrong about them and are content to drop them. But they waste time. Plans are made to fill a certain need, and setting on one and having to change your mind about it leaves you that much further away from your goal than you might have been if the searchlight had been turned on the plan before instead of after its adoption.

ENTHUSIASM, too, is a queer thing. Men concede to be rulers and managers of men are able to bottle it up. Perhaps one of the reasons is that they are too far-seeing to ever try to bottle up the wrong kind of enthusiasm.

It seems to me this is the secret of making a success of a club meeting that has all the earmarks of spiritedness. Look carefully into the brand of enthusiasms. If those anxious to vote a unanimous yes on a high-sounding plan are still enthusiastic after they have heard what it will entail, it is the right brand. You might not have so much trouble bottling it up!

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Dear Madam—Will you kindly tell me the usual expenses are in the way of entertaining for a bridegroom?

SHERMAN MUST HAVE FORESEEN THE INCOME TAX BLANK



THERE IS A GIBEY OF A MAN WHO IS STARK CRAZY AFTER A SESSION WITH HIS INCOME TAX BLANK



"I HAVE NEVER SWORN IN MY LIFE," SHE TOLD THE CLERK, "AND MY TOO OLD TO BEGIN NOW."

HUNDREDS OF PERSONS DAILY CROWD ROOM 206 WHERE MORE THAN A HALF DOZEN GENIUSES ANSWER QUESTIONS

INCOME TAX BLANKS MAKE CHINESE PUZZLES SEEM MERE CHILD'S PLAY

Ultra-Smart Young Men and Bewildered Little Old Ladies Meet on Common Footing in Feverish Quest for Information

By M'LISS

THERE is the true story of the man who went stark crazy after a session with his income-tax blank.

Perhaps that is the reason why hundreds of persons daily crowd Room 206 of the Federal Building, where more than a half dozen geniuses answer the income-tax questions.

What is a fiduciary? "It is a person who is entrusted with the care of the property of another person."

Why, if you are exempt for a thousand dollars, do you have to report if you make only \$300?

"I don't mind paying the tax, but I have to swear?"

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HARM FROM USE OF CIGARETTES

Advice on preventive medicine will be given by Doctor Kellogg in this column during the coming week.

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

THE cigarette is small. It looks innocent. It is within range of the average small boy's purse.

When one smokes a cigarette, it means that he is filling the delicate passages of the lungs with nicotine.

Again, the cigarette weakens the nerve that controls the heart. The heart of the nicotine user begins to beat irregularly—first too rapidly, then too slowly, sometimes stopping suddenly.

Tobacco also makes the stomach more active in preparing juices to digest food. Secreting digestive juices when they are not needed and cannot be used, soon grows weak and falls to produce enough for use when really needed.

It is a great error to suppose that smoking aids digestion. The very untruth which it is desirable to remove is occasioned by the tobacco itself.

Next in the train of the cigarette boy's miseries comes chronic neurasthenia. He cannot sleep normally. His private life is the greater part of the night, and whatever sleep he does get is not a sound, healthful, energy-producing kind.

Then the victim becomes inclined to exert himself and avoid, so far as possible, the effort of honest labor, and neglects proper exercise.

But the terrible effects of this pernicious habit are not confined to the body alone; the intellect also suffers.

Then the morals are injured. The record of fifteen boys who were confined in one lot for crimes, of whom ten of them had stolen to get cigarettes.

How can we combat this scourge? In one way by legislation—if the statutes are properly enforced.

Employers of labor, too, can aid the cause by refusing to engage cigarette smokers.

White Secretion in Corners of Eyes

I am troubled with a collection of white secretion in the corners of my eyes and sometimes on the eyelids.

What is glycojen? H. H. J. Glycojen is animal starch. When starch, sugar and like substances are

Don't Worry, There's Plenty Left

The disconcerts of an insufficient supply of hot water are unknown in homes equipped with the Pawnee Water Heater

Consumers only a bucket of coal a day to heat a room and a few minutes attention to the Pawnee Water Heater

Editorials for Women by Women

AID FOR TRAVELERS AMID TURMOIL

By SELMA MARCH Secretary of the Travelers' Aid Society

THIS is a year of turmoil and unrest. All over our country people are uprooted, as it were, and many who have never traveled before are journeying far afield.

Increasing travel, but have also augmenting the dangers to it. There are being made greater demands ever before for the services of Travelers' Aid Society.

A fallacy rather commonly held regard to the work of the society is that it is for women and girls only. It is just as much for men and boys, though, because of the greater need of travel for women and girls, comprise the greater number of members.

In view of the present increasing dangers, the society, whose standard guard at the stations day night wearing a badge for identification, is exerting itself to surround travelers and strangers with every possible safeguard against vice and crime.

Every newcomer can find a home upon arriving, with the assistance of "friendly guidance, home, work, friends and church," provided through reliable sources and with due regard to the tastes and inclinations of the individual.

and does not cease until the needs of each person are met and he is normally adjusted to the community. The assistance given to the thousands of travelers who migrated here during the spring and summer was a test of the ability of the society in adjusting strangers.

Now there are the many visitors to the soldiers, sailors and marines stationed in or near the city. The men, strangers themselves, do not always know where to get accommodations for their guests, and being frequently unable to go to the station, are glad to leave the reception and care of visitors to the Travelers' Aid Society.

Through the co-operation with other cities outgoing travelers are protected en route and helped at their final destination. The committee training camp activities has recognized the value of Travelers' Aid particularly at this time, and in many camps and military centers has made this work part of the extensive program for protective work.

digested in the intestine, they are, after absorption, taken to the liver, where, to prevent the immediate entrance into the blood of a great excess of these materials which are chiefly useful for fuel, the sugar is transformed into a substance closely resembling in composition a vegetable product—starch.

OTTAWA, Ont., Feb. 16.—Extension of the franchise to Canadian women has been announced by the Government as a part of its established policy. It is said woman suffrage would be established in Canada before another election is held.

War Savings Jingles

There once was a man with a quarrel Who said, "I've a very young daughter I'll buy her today A thrift card and pray It will make her grow up a daughter."

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Tomorrow's War Menu

BREAKFAST Baked Apples Canned Peas Country Sausage Buckwheat Cake Coffee

DINNER Roast Leg of Mutton Baked Sweet Potatoes Currant Jelly Canned Peas Grapefruit and Banana Salad Coffee Cake

SUPPER Creamed Peanuts and Rice Pickled Peaches Cookies

CREAMED PEANUTS AND RICE 1 cupful rice (uncooked), 2 cupfuls chopped peanuts, 2 teaspoonful paprika, 2 teaspoonful salt.

WHITE SAUCE 3 tablespoonfuls flour, 3 tablespoonfuls fat, 3 cupfuls milk (whole or skim).

Boil rice. Make white sauce by mixing flour in melted fat and mix it with milk. Stir over fire until it thickens. Mix rice, peanuts and seasoning with sauce, place in greased baking dish and bake for twenty minutes.

IN THE MOMENT'S MODES

Here Is a Spring Suit Minus Pockets



This simply modeled but very charming little spring coat suit has been fashioned from beige tricotine. A dainty trimming touch is supplied by a roll of self-color silk set into the collar.

It is worth while noting that the suit has no pockets, their usual position on the coat being given to tucked trimming bands of self material. The turban is of old gold silk, trimmed with huge soft roses and glossy black

URGE CATHOLIC WOMEN TO HELP FOOD SAVING

Archbishop Prendergast Issues Appeal for Aid in Two Weeks' Campaign

Archbishop Prendergast has appealed to all Catholic women in Pennsylvania to follow the recommendations of the Federal food administration in its two weeks' food saving campaign which begins in all parts of Pennsylvania tomorrow.

M. P. Quinn, assistant to Herbert Hoover from the archdiocese through appointment by Archbishop Prendergast, issued the following appeal:

"To the Catholic Women of the Archdiocese of Philadelphia: "Our Government at Washington, through its honored head, President Wilson, and Food Administrator Hoover, requests all the people of the United States to aid in the conservation of food, particularly of wheat, beef, sugar, and fats in order that our soldier abroad and the hungry women and children of Belgium, France, Italy, Poland, Lithuania, Armenia and the Allies, who are supporting us in the field, may be properly fed. The President's wishes should be our law."

Last-minute preparations for the Federal Food Administration's conservation drive, which begins in all parts of Pennsylvania tomorrow, will be made today at the headquarters of the county and State administrators in this city.

Howard Helms, administrator for the State, and Jay Cooke, the Philadelphia county food dictator, will confer on important phases of the campaign, as will representatives of the State Public Safety Committee's food supply bureau and the Women's Council of National Defense.

Superintendent Declares Boys Are Not Physically Capable of Enduring Strain

Military training in the high schools of Philadelphia has found an opponent in Dr. John P. Garber, superintendent of schools, who takes the position that boys of high school age are not physically able to endure the strain that it imposes and who declares the idea an attempt to build up a militaristic system similar to that of Germany.

Dr. Garber, the boys might be physically fitted to undergo military training and then when they are the right age they should be put into camp and taught to dig trenches and everything else that is part of the "military" training. Mr. Stecher declared that military training would be a positive detriment to the boys and that they are not old enough or strong enough to learn the manual of arms and learn it right.

BLAMES LAX PARENTS Judge Johnson Attributes Many Delinquencies to Them

MEDIA, Pa., Feb. 15.—Judge Isaac Johnson, in an address before the annual convention of the Delaware County School Directors' Association, blamed parents for many of the cases of delinquent children who are brought into juvenile court for petty wrongs and incorrigibility. He said that boys and girls often go wrong in their tender years because of the lack of home training and discipline. He said that boys and girls

War Savings Jingles

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.

The genuine bears this trade-mark and is made only by

War Savings Jingles

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