# AGE FOR THE PROGRESSIVE WOMAN-EDITORIALS ON TIMELY TOPICS-LETTERS FROM READER Editorials for Women by Women

# R WORK IS PAVED WITH PLANS SHERMAN MUST HAVE FORESEEN THE INCOME TAX BLANK ADOPTED BUT NOT CARRIED OUT

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

E other day I attended a woman's work committee meeting. as a great deal of enthusiasm great many plans were made. asn't it a splendid meeting?" one said after they had finished the "Star Spangled Banner" vere standing in groups on the waiting for their street cars to

nd my heart fell, because I knew wasn't a splendid meeting. Not plans weren't good ones. Not women didn't thoroughly no they were sincere. But no inned any one down tightly to things that were planned.

ral times during the meeting I to cry out, but I was only an ed guest. I wanted to say, "Let's about that plan before we adopt

ut enthusiasm ran high. The plans one and having to change your mind moved, seconded and carried about it leaves you that much furanimous vote before any one ther away from your goal than you a chance to fully realize what might have been if the searchlight ey meant. In other words, we had had been turned on the plan before plan. But it was like a very inter- instead of after its adoption. futuristic picture. None, if

DLANS are queer things. If they and managers of men are able to botan bear the light of a lot the it up. Perhaps one of the reasons to be put through they are gener- try to bottle up the wrong kind of sort of plans that can be put enthusiasm.

igh. This, of course, is only nat- It seems to me this is the secret of It is generally the studying of making a success of a club meeting plan after it has been adopted that that has all the earmarks of spiritedrages people from carrying it ness. Look carefully into the brand There are intricacles about it of enthusiasms. If those anxious to no one dreamed of when the vote a unanimous yes on a high-soundmairman said, "All in favor say aye." ing plan are still enthusiastic after they have heard what it will entail, it It may be wholly impracticable. racticable plans don't do any is the right brand. You might not me much harm if people are willing have so much trouble bottling it up!

# THE WOMAN'S EXCHANGE

and questions submitted to this department must be written on one side of My and signed with the nume of the writer. Special guries like those given wied. It is understood that the editor does not necessarily undorse the sentiment All communications for this department should be addressed as follows: THE EXCHANCE, Evening Public Ledger, Philadelphia, Pa.

## TODAY'S INQUIRIES

and brighten Jet? olderies be washed?

ANSWERS TO YESTERDAY'S INQUIRIES a small oak hox need as films cards. It makes an see to file recipes and other Merit.

ns with fine sifted coal ashes. are a French delicacy made fairs. The formula for them sht into France by Marie

### **Candy for Soldiers** man's Page:

Woman's Pupe: — Will you please print a sed candy, using maple syrup gar? How much white succer make syrup equal to? I would naive recipe, as I make about candy a week to send to men Thanking you for your kind-CLARA SPARKER. To the Editor of Woman's Page: Dear Madam-Can you kindly tell me with a cup of maple strue gauat to I would the san inspensive recipe, as I make about the points of candy a week to send to make about its beservice. Thanking you for your kind-the service. Thanking you for your kind-the service. Thanking you for your kind-make about CLARA-PARKER. As fudge keeps better than the softer candies it is better to send that. Here the boys will like: The ingredients are one tablespoonful of butter, a cupful and by quarter of maple syrup, one-third of as the school of beilgm and the School of Industrial Art at Broud

**Old Friends** SWEET AND LOW SWEET AND LOW Aweet and low, sweet and low, Wind of the western sea; Low, low, breathe and blow, Wind of the western sea; Over the rolling waters go, Come from the dying moon and blow, Blow him again to me, While my little one, while my pretty one sleeps.

Sleep and rest, sleep and rest, Father will come to thee soon; Rest, rest on mother's breast, Father will come to thee soon; Father will come to his babe in the nest; Silver sails all out of the west, Under the silver moon, Sleep, my little one, sleep, my pretty ane, sleep. ALFRED TENNYSON.

Lat's question the woman who to give in that they are wrong about d it, ask her all the details them and are content to drop them. and see how she thinks it possi- But they waste time. Plans are made for them to be carried through." to fill a certain need, and settling on

down to earth, could outline it. ENTHUSIASM, too, is a queer thing. Men conceded to be rulers

estioning about how they is that they are too far-seeing to ever

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

Tomorrow's War Menu BREAKFAST

Baked Apples Country Sausage Buckwheat Cake Coffee

DINNER Reast Leg of Mutton Baked Sweet Pointoes Currant Jelly Canned Peas Grapefruit and Banana Salad

Coffee SUPPER Creamed Peanuts and Rice Pickled Peaches Cookies CREAMED PEANUTS AND RICE

1 cupful rice (uncooked). cupfuls chopped peanuts. teaspoonful paprika. 2 teaspoonfuls salt.

WHITE SAUCE

3 cupfuls mlik (whole or skim). Boil rice. Make white sauce by mix-

IN THE MOMENT'S MODES

OF A MAN WHO WENT TOLD THE CLERK .- "AND IM TOO OLD SESSION WITH HIS INCOME TO BEGIN NOW."

> THE DISCOVERY THAT CHILDREN ARE AN ASSET AND NOT A **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 sea sion with his income-tax blank. He was one of those stalwart-minded in-dividuals, it is recorded, who like to do things for themselves. Therefore for two days he shut himself up th his office and mentioned with bis blank. In

office and wrestled with his blank. In measily twenty-five a week-what with the end they took him away. The doctors advise against it. Perhaps that is the reason why hun-

dreds of persons dally crowd Room 206 of the Federal Building, where more than a half dozen geniuses answer the come-tax questions. "Do I have to pay a duty on my

"What is a fiduciary?"

HARM FROM USE OF CIGARETTES

duice on presentive medicine util overs by Doctor Kellogy in this col-a daily; but is no catse will diagnostic treatment of aliments be attempted, sonal aueries, on health will be maily answered if postage is inclosed.

By J. H. KELLOGG, M. D., LL. D. THE cigarette is small. It looks in-nocent. It is within range of the entering them, the mobilizing of men in camps and cantonments rem average small boy's purse. There, just their homes, with the large following that always results, have not only there, you have the secret of the popularity of cigarettes among juvenile smokers.

When one smokes a cigarette, it means that he is filling the delicate passages of the lungs with nicotine. "Nicotine" is not just a name. It is a very real substance, a poison more deadly than

the dungs with flecture. It is a very real substance, a poison more deadly than opium, a fifteenth grain having been known to cause death. When a puff of cigarette smoke is drawn into the lungs, the poison vapor is filtered through the numerous tiny air passages and leaves a deposit of nicotine on the sensitive membranes. The hot smoke causes a dryness of the mouth that calls for some liquid. Water seems inspid, as the nerves of taste are in a half paralyzed state. As a result a liquid of stimulating char-riter is resorted to, and so the habit i drinking alcoholic liquors follows the rmation of the smoking habit. Again, the cigarette weakens the perve that controls the heart. The heart of the nicotine user begins to beat fr-regularly-first too rapidly, then too slowly, sometimes stopping suddenly and causing great pain and discomfort. The blood becomes impoverished and the smoker's face takes on that pasty, yellow moker's face tikes on that pasty, yellow

Tobacco also makes the stomach more active in preparing julces to digest food. Secreting digestive julces when they are not needed and cannot be used, it soon grows weak and fails to produce enough for use when really needed. Thus the boy, digesting badly, begins to be half starved, pale and weak. It is a great error to suppose that smoking aids digestion. The very un-casiness which it is desirable to remove is occasioned by the tobacco itself. After hydra saide the habitual use of the poison, most individuals experience an increase of appetite, of digestive energy Tobacco also makes the stomach more

increase of appetite, of digestive energy and an accumulation of flesh.

and an accumulation of flesh. Next in the train of the cigarette boy's miseries comes chronic neurastienia. He cannot sleep normally—he fidgets and frets the greater part of the night, and

than abstainers.

But the terrible effects of this perbut the terrible effects of this per-nicious habit are not confined to the body alows; the intellect also suffers. The eigarette fiend grows careless, dull and irresponsible. He lowes interest in honest sports and his studies, and thinks more and more about his cigarettes. He is determined to have them-often if there is no other way to get them he

ten of them had stolen to get cigarettes. A Judge of the Supreme Court of New York said that in one year nine boys were discharged from his private office for stealing postage stamps to buy cig-

unokers.

QUESTIONS AND ANSWERS

Onions

Do you recommend onlons as a cure for olds?

THIS is a year of turmoll and unrest. All over our country people are uprooted, as it were, and many who have never traveled before are it ing far affeld. New opportunities in industries and the necessity for

Secretary of the Travelers' Ald Society

AID FOR TRAVELERS AMID TURMOIL

By SELMA MARCH

are being made greater demand ever before for the services of Travelers' Ald Society.

A fallacy rather com cerard to the work of the

society, whose stand guard at the stations day wearing a badge for the tion, is exerting itself to surror and strangers with eve boys in search of camps or ind or extended stays, runaways, and resident girls found loitering f waiting rooms are receiving

Every newcon.er can f ance of "friendly guidance, home, work, friends and church," provided th

reliable sources and with due regard to the tastes and inclinations of individual Service begun at the stations is followed up in the e and does not cease until the needs of each person are met and he is no adjusted to the community. The assistance given to the thousands of groes who migrated here during the spring and summer was a test ability of the society in adjusting strangers. Three colored workers ployed to meet the newcomers, who usually arrived in large groups meager addresses or none at all, housed them temporarily or perma sible, the effort of honest hador, and neglects proper exercise. Naturally, at this stage, since he gets too little air, has a weak heart, loses sleep and gets too little exercise, he begins to stop growing as fast as he should. This is shown by the fact that eigarette-smoking boys are invariably smaller in stature than abstrances. Naturally smaller in stature has abstrances. Naturally smaller in stature than abstrances. Now there are the many visitors to the soldiers, sailors and material stature is the soldiers. Stature is the soldiers in the soldiers is the soldiers in the soldiers is the soldiers in the soldiers is the s to work and got the children into school. Foreigners are continually m stop such help and are in many cases directed to health and social centers

stationed in or near the city. The men, strangers themselves, do not all know where to get accommodations for their guests, and being free unable to go to the station, are glad to leave the reception and care of visitors to the Travelers' Aid Society. In addition, the workers com Hog Island are applying for varied services from mere direction to pro for entire families.

Through the co-operation with other cities outgoing travelers are tected 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 this work part of the extensive program for protective work.

Silusmarch

digested in the intestine, they are, after | CANADA TO GRANT BALLOT TO WOM

Dominion Government Ann Many progressive concerns rials which are chiefly useful for fuel. That the Equal Franchise

Foods to Avoid in Diabetes

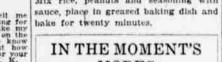
"Is it possible to pay on the install-ment plan?" "A 'head of family." the blank ex-make an dollars, do you have to report if you make only \$500." "A 'head of family." the blank ex-plains, "is a person who, in accordance with some legal or moral obligation, "I don't mind paying the tax, but do I have to swear?" It was a tight-lipped, little old woman. a part of its established policy. It is said woman suffrage would be an tablished fact in Canada before and

The price of tonet articles and perfume gone up something awful-are begin-ning to flood the office with their queries. Many self-supporting girls, because they have no others dependent on them, failed to realize that they were entitled to a \$1000 deduction for their year's living expenses and have figured their tax on their entire earnings. Dapper young men who have hereto-"Can they do anything to you if you ake a mistake?" "Is it possible to pay on the install-of "head of family."

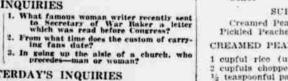
3 tablespoonfuls flour. 3 tablespoonfuls fat.

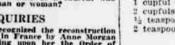
ing flour in melted fat and mixing with milk. Stir over fire until it thickens.

Mix rice, peanuts and seasoning with thrift stamps?" bake for twenty minutes.



ID

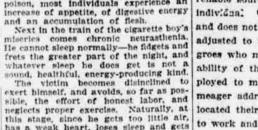




2. Asbestos is a allvery white long silky fliament. It mountainous countries.

3. A piece of crystal of alum will stop the bleeding of cuticle injured in awkward

# To the Editor of Woman's Page



like

SELMA MARCH

Then the morals are injured. The record of fifteen boys who were sen-tenced in one lot for crimes show that

arettes. How can we combat this scourge? In one way by legislation-if the statutes are properly enforced. Most of our States have already passed laws pro-hibiting the sale of cigarettes to minors, and there is no doubt that these laws absorption, taken to the liver, where, to

will eventually become universal. Employers of labor, too, can aid the cause by refusing to engage cigarette have already taken this step and in this the sugar is transformed into a sub-

The boys will like: The ingredients are to be tablespoonful of butter, a cupful and for the school of Industrial Art, at Broad and Pine streets. There is a night course in this work in sension at the school of Industrial Art. It meets three then add the syrup and the cream. Let come to a boiling point and let boil without attriring until the candy form the fire and let boil water. If you have a kitchen thermony of March. This particular night course in this work is a wooke-Moonday, Wednesday and Friday nights—but will close at the end of March. This particular night course in this work is a wooke, a summer daytime course that begins July 8 and lasts six months and the tuition is \$2.50 a month. There is, however, a summer daytime course that begins July 8 and lasts until August 2. The tuition for this is \$29 for the term. At the School of Design a special course in this work would last approximately three moonts, with hours from the tabove ingredients. A cupful of maple syrup equals a cup-

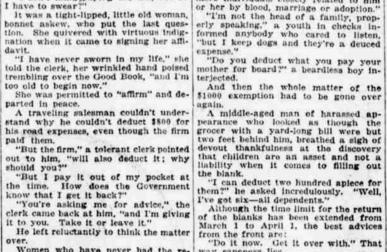
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The product of the patent gives on and in the finite of white so at the state of white the section of the patent gives on and in the finite and the state of the patent gives on and in the finite and the state of the patent gives on and in the finite and the state of the patent gives of the patent gives on and in the finite and the state of the patent gives of the patent in the finite and the state of the patent gives of the patent gives of the patent gives and gives of the patent the white has state of the patent white states of the patent white state of the patent state state of the patent states at the patent white state of the patent states at the patent white state of the patent states at the patent white states of the patent states at the patent white states of the patent states at the patent white states of the patent states at the patent white states of the patent states at the patent white states of the patent states at the patent white states at the patent of the patent states at the patent states at the patent states at the patent white states of the patent states at the patent statest at the patent states at the patent

A Picture Fan

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 hands of self material. The turban is of old gold straw, trimmed with huge silk seess and gissay-duide entertaining for a bridegroom? ANXIOUS. The bridegroom-to-be usually gives a dinner to his unhers several days before the wedding. This is not necessary, and very often the unhers give the dinner in-stead of the bridegroom. If's a matter of expediency. He usually presents the matter of the bridegroom. If's a matter of expediency, the usually presents the pate to afford if, adds a scartpin or some small piece of jowniry. Outside of his paramal expenses in the matter of itothes, the bridegroom is only respon-ments the forware for the bride and bridesantits and the unhers' bouton-tion of the bridesantity in the state of the parameters of the bridesantity of the bridesantity and the second the bridesantity and the unhers' bouton-

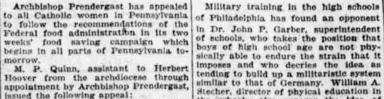


Women who have never had the re- way sancess lies

The appearance of a discharge in the eyes is always an indication of some ab normal condition. This is frequently the result of inflammation of the eyelids and may be due to overuse of the eyes or to

irritating substances getting into the eyes. In any case it should be corrected URGE CATHOLIC WOMEN GARBER AGAINST ARMY eyes. In any case it should be corrected, and if there is any suspicion of defective vision you should consult a competent oculist. An eye wash consisting of a saturated solution of boracic acid can be used two or three times a day with benefit. It is also well to bathe the eye several times a day with hot water. TRAINING IN SCHOOLS Archbishop Prendergast Is- Superintendent Declares Boys

Are Not Physically Capable of Enduring Strain



Hoover from the archdiocese through appointment by Archbishop Prendergast, issued the following appeal: "To the Catholic Women of the Arch-

TO HELP FOOD SAVING

sues Appeal for Aid in Two

Weeks' Campaign

"To the Catholic Women of the Arch-diocese of Philadelphia: "Our Government at Washington, through its honored head, President Wil-son, and Food Administrator Hoover, requests all the people of the United States to aid in the conservation of food, particularly of wheat, beef, sugar, pork and fats in order that our soldiers abroad and the hungry women and chilpork and fats. in order that our soldiers abroad and the humrry women and chil-dren 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 Fed-oral Food Administration's conservation drive, which begins in all parts of Fenn-svivania tomorrow, will be made made

Stecher, director of phyical education in the schools, also opposes the idea of military training in the schools and characterizes it as "rank rot." "My objection to the plan is that it is premature and lacks perfection," said Dr. Garber. "The boys might be phy-sically fitted to undergo military train-ing and then when they are the right age they should be put into camp and taught to dig trenches and everything else which a soldier should be taught." Mr. Stocher 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

enough or strong enough to learn the manual of arms and learn it right.

BLAMES LAX PARENTS

drive, which begins in all parts of Penn-sylvania tomorrow, will be made made today at the headquarters of the county and State administrators in this city. Howard Heina, administrator for the State, and Jay Cooke, the Philadelphia portant phases of the campaign, as will representatives of the State Public and the Women's Council of National Defenue. The food officials and these organizations expect to have the active State aring the sent fourters the enture State aring the sent fourters down

Glycogen What is sireogen? H. H. J. Glycogen is animal starch. When starch, sugar and like substances are Military training in the high school



Don't Worry, There's **Plenty** Left

The discomforts of an insufficient supply of het water are unknown in homes equipped with the

**Pawnee Water Heater** sturdy, emclent heater at-to any boller. A turn of the gives pining hot water, day or in laundry, Mitchen or hath-sumclaut for all the needs of versage family.

aling & Finnhing

DISPLAY BOOMS

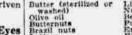
requires but a few minutes' night and morning. Low 

-

## What foods should be entirely avoided in a person who has diabetes, and what foods contain the least amount of sugar? ANXIOUS. Onlons are a wholesome vegetable, and for people who like them the flavor is for people who like them the number of our-most agreeable. There are only four-teen food calories to the ounce of onlons, be wholly avoided: In diabetes the following foods must

teen food calories to the ounce of onions, so as a food the onion is not important. It is an old-fashloned idea to make a syrup of onion juice and sugar as a cure for coughs and colds. This is prob-ably merely a peasant notion. Raw onions are frequently objectionable, be-cause of the aerid oil they contain. When

cause of the acrid oil they contain. When properly cooked this oil is largely driven off. White Secretion in Corners of Eyes I am troubled with a collection of a white secretion in the corners of my eyes and sometimes on the cyclida. What can I do for this? Control of the contain of the contained of the contain

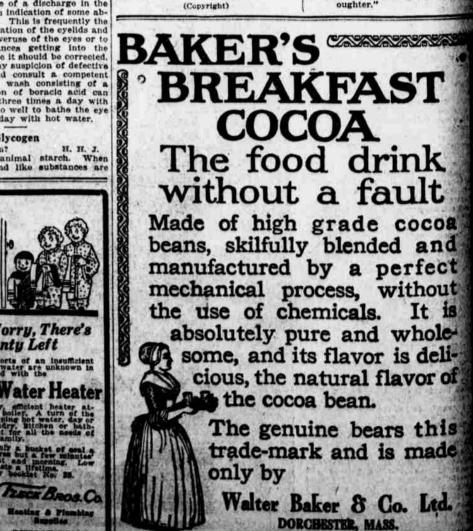


in the next six weeks. The labor men in their recent of ence with the Government urged in "the further industrial development women should be accompanied by litical equality."

election is held.

War Savings Jingle There once was a man with a quar Who said, "I've a very young day I'll buy her today A thrift card and pray It will make her grow up a oughter."

This statement was generally in preted to mean that the measures be introduced at the next session of liament, which probably will open



Intablished 1780