EVENING PUBLIC LEDGER-PHILADELPHIA, MONDAY, FEBRUARY 18, 1918

HE WOMAN WHO SPONSORED STATE TROOPS-A WASHINGTON'S BIRTHDAY PARTY-LETTER

HOW THE "STATE TROOP IDEA" WON A GREAT CHAMPION

VASHINGTON'S BIRTHDAY PARTY CAN BE MATTER OF PATRIOTISM

Let the Children Go Home With Something More Lasting Than a Candy Hatchet-Link Up the Past With the Present

THERE are parties and parties to be on George Washington's I speak of children's par-One is the kind where children and ent themselves into inaction th the aid of candy cherries and hets. Another might so combine ness and pleasure as to send them with something a little more ng thon a bit of red candy.

Washington is known as the Father of His Country, and this year country coans about a thousand times more to us than it did at the same time last

Less than two weeks ago a great any of our men went to death for country-hurled into the black and the cold of the seas. Over in France thousands upon thousands of our best stand ready to fight for their country. Here in the United States a million men are in arms in the name of America.

oatmeal.

sketches of George Washington's life. remembering. Then at a certain time in the after- Some persons say it is wrong to noon group the little ones in a circle let war weave itself into the lives and let George Washington become to of little children. Personally, I think them something more than a little boys and girls who learn the real

reading plan a little game based on grateful remembrance.

DARBY AND JOAN

Darby dear, we are old and gras. Fifty years since our wedding day, Shadow and sun for every one As the years roll on: Darby dear, when the world went wry. Hard and sorrowful then was 1,

Old Friends

Ab! lad, how you cheered me then. Things will be better, sweet wife, again!"

Hand in hand when our life was May, Hand in hand when our hair is gray, Shadow and sun for every one As the years roll on; Hand in kand when the long night-

tide Gently covers us side by side; Ah! lad, though we know not when, Love will be with us forever then. F. E. WEATHERLY.

it to follow later in the afternoon. Esfore the party pick from the se-

lected reading obsodes that can be T THE right kind of a George illustrated with little trinkets. For A washington party a mother instance, a little boat to represent the links up the past with the present, crossing of the Delaware, a key to Not that I mean to leave out the typify the key to the Bastile sent to cherries and hatchets entirely. But Washington by Lafayette, a tattered we need the practical patriotism of tent to tell the story of his winter our children. And all the cherries in at Valley Forge, and so on. Put he world won't send a little girl home these trinkets on a table. Arm the from the party determined to fill out children with pencils and papers. Let her thrift card by the end of next each one try to write a few words month. They won't make a little boy connecting the favor with what you forgo a little surplus sugar on his have read from the book. To the child presenting the best accounts a

Read to the children at the party, prize might be given. That child, of Go to the public library and ask course, will go home delighted, but I the brightest and most human think all the children will go home

who either did or did not chop value of country during this big na-

THE WOMAN'S EXCHANGE

Letters and questions submitted to this dep the paper only end signed with the name of the briow are invited. It is understood that the editor (proved, All communications for this departme WOMAN'S EXCHANCE, breaking Public Letters) ariment must be written on one a writer. Special queries like those does not necessarily indore the sent my should be addressed as follows: Philodelphia, Pa. THE

TODAY'S INQUIRIES

novel salad course can be intro- 1. Who is Emilienne Moreaux? at the Washington's Birthday 2. What collar hids fair to be more popular than any other this spring? should javelle water, used to take stains, be only applied to uncolored ing of severed by smart people, is return-ing to vegue?

hat is the correct order of position for pans used in the process of dishwash-

ANSWERS TO SATURDAY'S INQUIRIES

- a sweet oil applied on a bit of cot-to pet will clean and brighten it, polish will clean and brighten it, embroidered silks in tepid ands of face downward, on a Turkish make the raised part staad ont. The wellow as a status of the second of the second of the status of the second of the secon little well-diluted exalle acid will re-

A War Cake

Bditor of Wasum's Page: Madam-Will you please print a for a case that does not require eggs ther I think it is a sort of full cake. MILS, b.

Boll together one cupful of brown ugar, one and a quarter cupfuls of wa-r, an ounce and a half of finely cut thron, a cupful of seeded raising, one-brd cupful of seeded raising, one-



CREATED A STATE POLICE FORCE

Katherine Mayo's Enthusiastic Account of Our State Constabulary Aroused the New York

Legislature to Emulation

down a cherry tree. TO ADD zest to their interest in this great deal for Uncle Sam some day in the an Illad and the Homer who has the advised us to keep out of it.

years' work of this State's constabulary place that day and stayed away, so as not to be suspected of having any sym-sent to every member of the New York bathy in the matter.

OUR STATE POLICE Legislature when that body was would be ing whether or not it ought to have an organization of rural policemen modeled after Majar John C Groome's. It is the book which, the legislators ungrudgingly admit, turned the trick and got New York its "troopers." Miss Katherine Mayo did it. OUR STATE POLICE "Well, I couldn't forgst. I had heard vagnely about Pennsylvania's State police. I sought in vain for some brok about it. I could find nothing. No steps had been taken to purch the underers of Sam Howell--nothing to this day has been done--but I made up

A sum of the British army same a spectrum of the British army sama a spose of the spectrum of the British army same a spectru

EPILEPSY AND ITS TREATMENT

and 'right living.' Conducte Kelloog, M. D., Li. D., assiste is of the Race Bett. ment Found will receive prompt anneer.

By J. H. KELLOGG, M. D., LL. D. EPILEPSY-or, as it is usually called. "It's "-begins in most cases in early youth, before puberty, although it may make its appearance later on in life. Fits are of two kinds, differing for the greater part in intensity. One kind is called petit mal.

A victim of this form of epliepsy usually, when the attack comes on, drops whatever he is saying or doing ane becomes risid. The eyes become fixed A pallor spreads over the face. The hands release whatever they hold. The victim is lost in unconsciousness and usually fails to the ground, without however, understand without however, undergoing the convulsive seizure that attends the severer type of epilepsy. Consciousness returns a suddenly as it left, and the individual will probably pick up the thread of bis conversation where he left off or continue where he left off the work in which he was engaged.

The second form of entiresy is called groud mat. In an at out the lead by first thrown back, or to the alde. The victim usually falls wherever he harpers:

to be. The muscles of the law contract and become rigid. The hands close tight and the legs straighten out stiff, while the muscles contract to such an extent that they interfere with breathing A^{\dagger} first the free becomes puls changing shortly to a dusky or lived hup. In this condition the victim remains for a fer accords only. Presently the muncles begin to contract and relax intermittently. As the attack progresses the contractors become more rapid, so that the legs and

arms Jerk and toss about violently. The cyclids open and shut convulsively and the cychalls roll from one side to the

The teeth, in most cases, grind to The first had dod in wall. The members of Major Graeme's force adore Miss Mayo, and provide her with much of the material for her stories. They are true stories, with true pames and true places, with true pames and true places.

may be emptied involuntarily. The breathing, which has been labored and noisy, now begin to be easier, al-

the normal average. Of course, allow-ance must be made for natural differences in physique. though it is still noiser than in normal breathing. The face becomes less livid. breathing. The face becomes less livid. The unconsciousness that accompanies this condition is most profound. In time it is possible to arouse the violim, but at first it is better to permit him it size for several hours—when he will awaken of his own accord, and without a feeling that anything unusual or dis-comforting has occurred. He may ob-serve a slight headache or contusion of ideas, but that is about all. Kindly tell me an effective but simple sari-ary way to dispose of garlings in the con-ry. FARMER'S WIFE. but that is about all. The first-aid step in taking care of these cases is to look to yourself, and force yourself to keep cool. Protect the victim from injuring himself by hold. ing him fast to the ground or on the ing him fast to the ground or on the floor. Place a bit of wood or cork or some other substance between his teeth to prevent biting and injury to the tongue and cheeks. It probably will be necessary to have some one assist you in getting him under control. Do not attempt to hold the arms or logs quiet.

relate these to you, so that you may be certain that it is epllepsy that the vic-tim is suffering from. The blood-stained froth from the mouth, and the bitten tongue will, however, be of great as-sistance in determining the cause of unconsciousness.

When can a person be called obese, or tor

Editorials for Women by Women

SEND 'EM SMOKES

By SYDNEY V. WILSON Chairman Philadelphia Division for Out Boys in France Tobacco Fund T HELPS them to forget and yet remember. "Over here" and .

there"- what a difference! Our boys are far from mothers, wives hearts; they are lonely, homesick, perhaps waiting to go "over the ta but they've found a way to bring "over here" over there. They say they can forget for a while the dread borders of "No .

SYDNEY V. WILSON

Obesity begins when the weight has increased more than one-tenth beyond the normal average. Of course, allow-

Disposal of Garbage

Land" and think of all they hold a at home if we send them smoke is a small request in comparison the sacrifices they make, the they suffer. We have it on and right from the front that men ask for a cigarette.

Have you ever noticed that's the speakers from over there, who be soldiers, sailors, nurse war workers in any capacity, make a special plea for smokes for fighting men?

A shell will do more harm ause more agony than a few m will, so send them a package of e as often as you can. Don't let . personal objections you may have smokes deprive a fighting man of a only source of joy he has,

When a young Canadian was in coming to the realization that he was blinded for life and that even hands had been cut off, his one me of groping around in his world darkness, his plaintive request, for a cigarette-somehow it helps. "Send 'em smokes!"

Syamy U. Wilson

The breathing, which has been labored to the formula weight has the stores are heated through be stored and based upon that of command weight in inches and with a contral pile of lose store and with a contral pile of lose rate.

> How to Grow Taller Could you tell me something to make a grow taller?

There is nothing to do but to en plenty of venetables, fruits and errest Exercise a lot and stand straight. Some day physicians may be able to increase stature, but the plan has not set but Garbage can be fed to chlekens. It this method is not available and fensible, domestic garbage can be burled. It can be burned in a crematory built of stones after the fashion called "kitchen sink

All Mallille

(Copyright)



By M'LISS sung them is a woman. sung them is a woman. "Justice to All" his gone into its third edition. It is the book which tells the glowing story of the more than ten

Legislature when that body was wonder-

Misa Katherine M uyo did it. I found her, a white-haired artisto-crat, fastidious and cultured, in a sumptuous New York apartment situate in fashionable Park avenue—a woman to all outward appearances whote your would suspect of no more energetic em-ployment than that of sitting on a cushion and sewing a fine seam. I we control the the output of the women to the State in this day has been done—but I made up this day has been done—but I made up my mind that I would do my part to get an efficient rural police for New York. I'I went to Pennsylvania to get the facts first hand. I interviewed the heads i went into the outjying country. The pratitude of the women to the State

"I did it because Sam Howell was a man," she finished her story, "and be-cause I couldn't rest with the thought that he had died in valn."

cherience which would have gone unaveraged had it not been for the State police. Miss Mayo was born in Ridg-way, Pa, and spent the first ten years of her life in this State. nolice.

Tomorrow's War Menu BREAKFAST

Sliced Oranges Fried Cornmeal Mush Brown Sugar Syrup Coffee LUNCHEON Split Pea Soup Lettuce and Cottage Cheese Ten Corn Mutfins DINNER Kidney Bean Stew

Butter Bread Baked Apples KIDNEY BEAN STEW One and one-half cupfuls dried kidney

or other beans, two cupfuls canned tomatoes, one-half cupful rice, two tablespoonfuls flour, one onion and one tablecade spoonful salt.

and soak over night in two quarts of coid water. Cook the beans slowly in the water in which they soaked. If necessary, add more water to cover and necessary, add more water to cover and necessary and more water to cover and site of all the symptoms, have some one site of all the symptoms, have some one site of all the symptoms have some one site of all the symptoms. nait indication in the first courage and listened to tales of their bravery that left me gasning with admiration. I decided to do wint i could to tell the world about your State troops—the finest types of manhood to be found anywhere are in that organization. It is because such men as that exist that we are going to win this war. They have a stainless giorious record. They have set a superb example by their fardresses and honesty. I wrote my hoak because I wanted the people of Saw York, narticularly the intelligent.

specified salt. Wash the beans, put in covered kettle and soak over night in two quarts of the can be lifted to a bed and allowed

QUESTIONS AND ANSWERS Obesity

hird cupful of shortening, a teaspoon-ful each of cinnamon and nutmer and one-half teasponful of sait. Boil for about three minutes. Let cool and add one cupful each of ryc flour and corn flour and five teaspoonfuls of baking powder all slifted together. Mix alto-mether and bake for forty minutes in a moderate oven. Bake in Laf shape.

A Man-Sized Heart

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Let's Shake on This

Wanan's Pag

Addam--it max interest son the first son the son son of the son son the son THOSE MOTHERS.

las Good Home

Ray Could you therefore tall me where the face is that we could send the structs and face is and the structs and is and the struct send to the str "I will tell it to you," she said simply when 1 sked her to begin at the very

beginning. "The friend with whom I lived was building a country place in Westchester County, New York A fine young Amer-ican boy, just the type you have in your constabulary, was the foreman. Abou twenty-four years of age, he was the clean American type, honest and effi-cient. As the months went by and the building progressed we grew very fond of Sam Howell.

"Then he was murdered. Ambushed by four foreigners in a little clump of woods he had to pass through to get to the construction site. He had the pay-roll, and they knew it. They demanded it. Two of them were discharged work-

Surely we should all put our heads to-sether to help these young Girl Scouts raise money for our boys. Have you ver collected the full hand lead foll? I can give you the address of a place where this is bought. The lead foll only brings about four cents a pound, but the tinfoll brings about three times this much. men. It would have been an saxy mat-ter and no disgrace—they were four to ene—for him to have passed over the money. But Sam Howell was the type that couldn't do that. He rode straight through them on his motorcycle. The four of them shot at him. When he arrived at the site with the moneybag still in his clasp there were eleven wounds in his abdomen, seven of which

were mortal. "Before he died he was able to tell the names of the men who had attacked him." Frank tears filled the eyes of Miss Mayo as she recalled the murder "A clearer case of identification, an easter case to handle, will never occur in the history of crime. One of the murderers was a well-known character in the neighborhood-he had red hair, a conspicuous scar on his clicek and a pockmarked skin.

FEAR-STRICKEN SHERIFF

homestead were as easy a prey to crimi-nal attack as if they moved in the wilds-

Wants to Make Uniforms

"I saw a complete breakdown of the sheriff-constable system. These sup-posed administrators of the law were To the F man's Pag afraid to go after those foreigners. Even the carpenter boss, who loved Howell would not order his men to surround the little clump of woods in which the gun-

Widd hot clump of woods in which the gun-men were concealed. "Knives and guns are their play-things, he said. 'We can't afford to earn gunmen's ill will. When they want me they'll get me, too.' he added. 'Howell was only a workingman; you will have forgotten him in a month.' "That last phrase of his hurt," Miss Mayo continued with feeling. The thought of what the laboring neople must think of us made it impossible to forget. The truth was too hideous, the truth that in the great rural State of New York protection was only for the rich, a luxury for those who could af-ford to pay for it sank in deep. The truth was brought home to me that the man carrying a dinner pail, the farmer driving home from the store at dusk, the woman waiting for him is the lonely homestead were as casy a prey to crimi-val stored and if they moved in the wood of

From the Babies' Hospital

"To the Editor of Woman's Page: Desr Madam--Permit me to thank you for having referred us to Mrs. U. as a good place by send me uay glothes. She sent us two baxes, every garment most

RENA P. FOX.

mal attack as if they morning that Sam of Mexico. "Then, too, the morning that Sam Howell was murdered a groom from the stable brought us word of the killing as though it were nothing at all. No one carus and asked for our machine to bake the poor boy to the hospital and we heard of it too inte to offer. The we heard of it too inte to offer. The Beveral readers who had baby clothes o dispose of were referred to the Babies' (asplial dispensary, at 609 Addison prest. The contributions of any other readers who would like to feel they are

tale as theilling as any that she recounts of the deeds of Major Groome's m a "I will tell it to you," she said simply in learning.

"And now that we have troopers our own. I want to may that leavest-vania lod us out of the wild rise and we shall do our best to catch up with your State Police."

When you talk with Miss Mayo and

INSTEAD OF MEAT Serve POULTRY, FISH. EGGS, BEANS or CHEESE Remember TOMORROW IS A MEATLESS

AND PORKLESS DAY



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Test It In the Cup At Our Expense

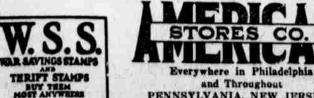
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