## L SEA CAPTAIN EXPECTS TO BE REGULAR ONE—WOMEN AS PUBLIC SPEAKERS—HEALTH TAL

WOMEN CHARGEABLE FOR MEN'S FAILURE TO SAVE

## ST WOMAN SEA CAPTAIN PROVE BRAVERY OF HER SEX

fan Girl Who Has Master's License Will Be Mrs. Charles La Wall Ad-Last to Leave Ship if Threatening Torpedo Comes

girl with an idea. The idea at there was no earthly reason oman could not become sea captain.

n Elsie Belluomini applied for e to the nautical school at gio, Italy, where she lived, ody laughed at her. She came a family of seafarers, but of that made no difference. Why. were men seafarers!

Eisle Belluomini had vision. days were dawning for women on Why not, then, on the seas? she found a retired captain to listen to her. A few hours ersation convinced him that tain. My crew shall be first and was not aiming idly. She had shall be the last to leave the ship." up her mind to do what she had accumulated marvelous knowledge MARVELOUS courage, you will say, sea. So the old captain spoke ships are not far-off possibilities. Yes, er favor and after the great deal this does seem to be the outstanding lation it takes to batter down a feature of the little Italian girl's great aw of tradition, was put through, Miss adventure-her courage, ni was admitted as the only an student in the Nautical School, than it would have seemed three and a

A few weeks ago she graduated. e even more strenuous opposition had even met before, the ers' Union finally accepted her mher. And now at one of the perilous times in the history of ea, this young girl stands ready d waiting for an appointment as captain of an ocean-going vessel.

aye, "that a woman can be just as to tear away the petty misconception brave as a man. And if my ship is of woman's stamina that nations have failed.

stuffed with peanut butter make

ONE OF THEM.

uld be giad to print the opinions readers on this matter.

Children and Night Movies

Militor of Woman's Poper

T Madam—Do you think it is wrong
children to attend "movies" one a
night? Do you think it wrong to say

" ou the telephone? I should be
if some of the other readers would
heir opinions on these matters. Also,
se with "Katherins" that young girls
somen should not bob their hair for
" sake. (Mrs.) H.

I think it a decided mistake for chil-

as to be allowed to attend "movies" a school night. It either makes them select their lessons or atay in the house the afternoon to do them so they can to the "movies" at night. "Movies sep them up late when they should be bed. Of course, children should be out aying in the fresh air and aunshine in a siternoon. Very often the photomys they see at night are not right for em to see at their age. Let the children to the special matiness provided in them in the motion-picture theatrea ap them at home at night.

I see no reason for not saying fello" on the telephone. It is the acted language of the telephone.

A Thoughtful Mother

ren to be allowed to attend "movies"

ditor of Woman's Poget

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

ANSWERS TO YESTERDAY'S INQUIRIES

# FOOD, SAYS ONE OF SEX WHO HAS STUDIED SUBJECT

vises Housewifely Craft in Kitchen as Solution of Problem

Husband Who Brings Home Beefsteak on Meatless Day Needs Camouflage

THE CRARGE BY WOMEN 2. He brings home a beefsteak on eatless day and quietly orders it to

be cooked.

3. He will have none of that little stranger, war bread,
4. All in all, he refuses to be a patriot in the obscurity of his own din-

THE ANSWER BY A WOMAN

THE ANSWER BY A WOMAN

1. Woman is to blame for not being
a better camauffage artist; she must
make a mentless day seem like what
it isn't.

2. She has done the best she knows
how. But she doesn't know how.

3. Permanent public kitchens must
be established throughout the city to
teach her this artful preparation of
meat substitutes and war breads.

4. Refuses to let his dining room be
obscure. If he likes to go to war to
the tune of a band let him save food
the same way. Put a lot of thrills in it.

it isn't, has to a certain extent fallen bombarded day and night. They have

So, in brief, is the critical situation of man's refusal to co-operate with his wife in saving food, summarized by Mrs Charles La Wall, secretary of the pure food committee of the Civic Club, and BTARTING out on her nautical ing the world that there is no sex in noted chemist. As an antidote Mrs. La wife of Professor Charles La Wall the

country, refuses to eat for it. At least the waiter on a wheatless day, but in his sanctum, sanctorum give him bread—white bread!

This is the situation thousands of omen in this city and throughout the cuntry are rapidly realizing they must ce. Mrs. La Wall concedes that men who will cheerfully give up their lives for Uncle Sam call a halt on patriotism when their personal comfort is attacked. The difference is, she says, one is done to the blare of trumpets and the other

HOME CAMOUFLAGE NEEDED. But the situation must be met with art and persuasion rather than force

Martha Parke Custls.

It is quite in good taste to send out invitations for a wedding two or three months after a wedding two or three months after a death in the family if the wedding is a very quiet one limited to immediate friends and relatives. In many cases such as this, however, no formal invitation is sent, but just an informal one extended personally.

Moving the scalp about with the tips of the fingers repeatedly dioped in cold water until the scalp glows red constitutes a very helpful treatment for failing hair. This should be given morning and night.

the women report what men and then operating in the food campaign and then start a drive against them, but that would necessarily entail a large amount of work. That is not a practical plan. They did not know that in a yeast bread, that important property of the women—not all, but a large majority of of them. They have helped their husbands fail in the conserving of food in the conserving of food simply because they don't know how to simply don't know how to s MODES

AYBE you like ham or bacon a matter of taste.

ranged alongside feeding the man who's fighting for you?

DAY. Be a real patriot. Forget yourself and THINK OF YOUR COUNTRY.

Tomorrow's War Menu

BREAKFAST Corn Cereal with Top Milk Apple Pancakes Corn or Maple Syrup Coffee

Scalloped Tuna Fish Oranges Gingerbread Scalloped Tuna Fien
Sixed Oranges Gingerbread
DINNER (Wheatless)
Baked Liver with Onions
Baked Potatoes Tomato Preserve
Corn Bread
Pineapple Pudding

One pint milk, two eggs, one-half teapoonful sait, sliced apples, fat, about two cupfuls flour,

colored, add milk, salt and flour to make a thin batter. Use an omelet pan for frying the pancakes. In one side place one-half tablespoonful of fat. When hot pour in a thin coating of the batter, cover with thinly sliced apples quickly and cover the apples with another thin layer of the batter. When brown put fat in the other half of the pan and tat in the other hair of the pan and turn cake into that side to brown on other side. Serve with syrup—Good Housekeeping.

As tomorrow is porkless day, the fat mentioned here must not consist of a pork product, such as lard. Use suct.

Shampoo for Dandruff

Shampoo Ior Dandrun
To destroy dandruff it is not enough
to shampoo the head once a month,
but it should be done every few days,
taking care that it is thoroughly
cleansed each time.
Warm water and a good castile soap
make an excellent lather, which should
be well rinsed out afterward with tspid,
not cold, water, as this is too great a
shock for the scalp.
Eventus and combe must be kept

HOW TO TREAT TIRED HANDS

By J. H. KELLOGG, M. D., LL. D. DEOPLE who use their hands a great deal, especially writers and office cople, are often subject to strange movements of the nature of irregular cramps, or spasms. This may be so serious as to make it impossible for the individual to continue action involving these muscles.
This condition is usually known as

"writers' cramp," and sometimes as "scrivener's palsy." It is a condition, moreover, that is often found among violin players, among whom it is known as violinists' cramp, while also we have pianists' cramp, milkmaids' cramp and tailors' cramp. In New England cities, where young sites were at machinery where young girls work at machinery and do the same thing under high ten-sion for a long time, there has devel-oped peculiar cramps and weaknesses in certain muscles due to overexercise. All of these conditions are due to the

excessive use of certain groups of cles and the overuse of certain centers, which form part of the nervous Doctor Osler reports investigations of

seventy-five cases of impaired writing power in which all of the instances of undoubted writers' cramp were in men. He also finds that in the United States "telegraphers' cramp" is much less common among women and four out of mon among women—only four forty-three cases, to be exact. of a nervous temperament are more liable to the disease. Occasionally it follows slight injury. In one investigation it was found that

in a majority of the cases a faulty method of writing had been employed, either the little finger or the wrist being used as the fixed point. Persons who write with the middle of the forearm of the elbow as a fixed point are rarely

Doctor Osler states that no anatomical changes have been found. The most reasonable explanation of the disease is that it results from a deranged action of the nerve centers presiding over the muscular movements involved in the

muscular movements involved in the act of writing, a condition which has been termed irritable weakness. The most important symptom is cramp or spasm, affecting the fourth finger and thumb. Or this may take the form of a combined movement of bending and straightening of the thumb, a movement that may release the pen from the grasp and throw it some distance. What is called a "lock spasm" has also

been known, a condition in which the fingers contract so firmly about the pen and most uninteresting tasks fall to their share, and to help with the saving of food they have done the 'best they know how.' And here we have the whole problem. They 'don't know how.' "

M's La Wall believes that only a widespread gublic course in the preparation of the property of the person with the limited in the property of the person with the property of the person with the limited in the property of the person with the limited in the property of the person with the propert

to obtain and try out for herself.

"With the women saving food in the kitchen by the palatable preparation of substitutes and leftovers, with the men brought to the realization of what is good enough for the women and children to eat is good enough for them, and that food must be saved, we will find that food must be saved, we will find outdoors in the sunshine.

that there are fewer trips to the hotel or club for the second meal, and men will cease to be thought of as failures in Often it will be found that a mod-ification of one's habits of writing will relieve the pain. Many people in writ-ing depend too much upon finger move-

commeal can be used successfully.

We need, too, permanent exhibits such as New York and other cities display, where artificial foods with their food values marked on them can be studied at any time. Visualization is always so much better than telling about things, and if we can convince a woman by showing her that three prunes are equal to one quart of consomme in food value we have accomplished something.

TOO MUCH MEAT EATEN

"Another failing of the American people is their excess eating of meat. The

no harm to see that they have a good scrubbing every day. Dry the hair in the sunshine and fresh air. Brush it on harm to see that they have a good scrubbing every day. Dry the hair in the sunshine and fresh air. Brush it gently two or three times a day.

If you need a hair tonic try this—it is one of the best:

Sweet almond oil, two ounces; oil of rosemary, one dram; oil of bergamot, ten drops.

White Itah as soon as cold weather comes. It disappears in the spring. It first appears in spots and looks like tiny pimples and then turns scaly. Water seems to one of the best:

Sweet almond oil, two ounces; oil of rosemary, one dram; oil of bergamot, ten drops.

White four years I have had a rash break out every fall as soon as cold weather comes. It disappears in the spring. It first appears in spots and looks like tiny pimples and then turns scaly. Water seems to nearly every portion of my body, but is worse at the joints. Will salves or blood medicine do any good. Kindly tell me what it is and what to do for it. I am forty-out of the property of the prope

This is winter itch. The most important factor in its causation is too little moisture in the air. Blood medicine will do no good: salves will do no good. Keep the humidity of the air in your house above 50 degrees and you will get well. Drink an abundance of water. Anoint the skin with lanolin cream.

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### Editorials for Women by Women

THE POWER OF THE SPOKEN WORD By J. E. OWEN PHILLIPS

NEVER was there a time when the power of the spoken word was so or its message so urgently needed. Every world awakening, all reform movements, have had their seers and prophets-voices crying in the wilderness of human apathy, ignorance and unawareness. And the world's greatest movement is urging us onward; a world regeneration

mental and spiritual travail.

"Where there is no vision nations perish." Surely no gre wrestling at Armageddon with her to with the world's foe-autoen America, born free and independent is 1776 that she might in 1917 step fe and fight and die to "make men & all the world over! Surely an inspiring vision; and

only the other day a woman said light of publicity, to cry aloud in the market places and upon the ho tops; to speak as women on behalf of suffering humanity. To teach that me sacrifice is too great and no service too humble which can help America n

J. E. OWEN PHILLIPS fulfill her destiny and bind the tyrant hand and foot, thus making the wor "safe for democracy."

It is, however, a mistake to think that almost any one can speak. Inest and uninspired speakers can do as much harm to the morale of the nation as can untrained soldiers in the trenches. The merely mechanical route speaker can never touch the human heart. It must be "deep calling unto deep," and so the appeal is to earnest, thinking women to give them to the task, hard though it may be, unaccustomed and even repellent the idea of so much publicity. Women should take themselves and the work very seriously. The id

that, after all, one must be indulgent and not expect too much of the poor little things is utterly exploded by the wonderful way in which women and rising to the world's emergencies. There is no reason why a woman should not combine the trenchancy and passion of our best men speakers with that spiritual essence of womanliness which carries an undeniable appeal.

There are three most important things which enter into the equipm of an effective woman speaker. As already said, she must have seen the vision and also be possessed of a personality which can act upon an audier and receive reactions from it, for this constitutes the bond of sympathy which is so necessary between the speaker and those addressed.

In the matter of information a speaker must be impeccable, and in these days when the Government is publishing everything that needs to be told the people, with careful reading and systematizing this should not be

Further, she must have a voice with a reasonable amount of carrying power and knowledge how to conserve and control it.

The field for woman's activity along the lines of public speaking is wide and growing day by day. Not only have our children in the school and in the home to be taught the right kind of patriotism, but many other urgent and practical matters have to be laid before the people of this land. The very vital question of the conservation of food, the floating of the third Libe Loan, a constructive and forehanded policy of food production, the safegue ing of our potential motherhood imported during this crisis into the ind world, the humanitarian claims of the Red Cross Society, the Y. M. and the various organizations safeguarding the moral and spiritual of our fighters-these and other things will surely appeal to patriotic ican women and inspire their utterances.

It is a splendid thing to feel that out upon the waves of eternity. and vibrating with the sounds of the life-and-death struggle, there goes the woman's voice—the mother-tones that shall henceforth be heard in affairs of human life.

"As one whom his mother comforteth, so will I comfort you." Three the woman's voice today the message of stern endurance, of courage and comfort shall maybe reach the world.

J. E. Owen Philips

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The

House of Gidding

maintains its own European Fashion Bureau, augmented by its personal representatives, who make continual trips between New York and Paris, keeping in thorough touch with every style movementsending by fast steamers—and in person the fashions that rule the world-

Gidding of NEW YORK, **AUGMENT THIS** SERVICE WITH AN ORGANIZATION OF EXPERTS THAT KEEP IN TOUCH WITH EVERY FASHION WHIM-

This service is given the Fashionable Women of Philadelphia NOW at our Philadelphia Salons, 1422 Walnut Street-West of the Bellevue Stratford.

You are invited to see their present displays, which will be augmented from day to day with new things sent over from their Fifth Avenue workroom.

The invitation is sincere and cordialwhether you come to SEE the many beautiful modes in display or to buy.



From "Just a Man"

From "Just a Man"

To the Editor of Women's Page:

Dear Madam-Permit me through your column, where, by the way, I don't belong to thank "Mise Ratherine" for agreeing with me about not being widdly enthusiastic for all women to cut off their hair. I disagree with her on one point, however. I do not consider Irene Castle a beauty and I do not think her about hair improves her ally. I'm for long hair every day in the week and twice on Sunday, in snewer to D. C. S. who said she did not believe "Just a Mere Man" would let his hair grew long for the sake of style. I would any no he would not. Just a dere slam, never did crave to be an ornative did and the said of the sake of style. I would any no he would not. Just a dere slam, never did crave to be an ornative days of powdered cure was born after the days of powdered cure has and lacy mint. He is list utilitarian. When ornatives man dressed up in a little tight-belted onat I want to laugh. Woman in her womauliness is what makes life worth while. Again 5 say, "Keep on your hair!"

You say you do not belong in our the paper.

Ira. D.'s baby has been provided address of another needy mother in forwarded to you. Also the of Mrs. M. Thank you many.

Imas for your kind interest.

You say you do not belong in our column. You are welcome any day. We might leach you something and you in turn might pass on a bit of wisdom

Old Friends

GEORGE WASHINGTON

was the man God gave us when the hour relaimed the dawn of Liberty

Who dared a deed and died when it

Patient in triumph, temperate in

Not striving, like the Corsican, to

To heaven nor, like great Philip's

greater son,
To win the world and weep for worlds unwon
Or lose the star to revel in the flower.

and met death on the battle field.

Perplexed Sweethearts

Because your families do not agree would be a poor reason for breaking

with the girl, especially as the disagree ment is not about your engagement. If

-John Hall Ingham.

I. Man, who is perfectly willing to for his country, refuses to eat for

But, you will own, less marvelous Women, not men, are to blame for the failure of men to stand behind their half years ago before the war started country's home fortresses and save food. Since that time women have faced the For woman, allotted the artful little task fire of shell-swept towns. They have of making a meatless day seem like what maintained the morale in hospitals

down on her job. dressed themselves in soldier suits It is less marvelous on account of these things and it will be less maryelous still, because the history that women are making every day is show-

meatless day and quietly orders it to be cooked. When the little stranger war bread is sild in front of him he will have none of its Man, it seems, who is perfectly willing to die for his

sewife in the United States

ablespoonful of sugar a day
d the lotal saving be?

2. From what does ginger take its name?
3. How often should lotion be put on the
hands in order to keep them from
chapping? George Washington married Just before his twenty-seventh birthday. He mar-ried Mrs. Martha Custis, a young widow with two children, John and Martha Parke Cuetts.

in the obscurity of the home

IN THE MOMENT'S

Frock of Flesh-Color Georgette Over White





MRS. CHARLES LA WALL

STARTING out on her nautical areer, Miss Belluomini has more an one aim.

I will try to show my men," she are to face danger if it is big enough to tear away the petty misconception of woman's stamina that nations have pedded, I shall be like the man capbedded, I shall be like the man capbedded, I shall be like the man capbedded in the state of the cause of the cause

lem. They 'don't know how."

Mrs. La Wall believes that only a widespread public course in the preparation of nutritious substitutes and left-overs will be efficacious in teaching them how. Ninety-nine per cent of the food

lem. They 'don't know how.

Mrs. La Wall believes that only a widespread gublic course in the preparation of nutritious substitutes and left-overs will be efficacious in teaching them how. Ninety-nine per cent of the food consumed in America passes through women's hands, and she believes trouble enough cannot be taken to see that it is properly grepared.

URGES MOVING KITCHENS

"We need established through the city food stations and moving kitchens, a few of which we are having during Food Conservation Week; but we need to have them remain permanent places, where them remain permanent places, where the moves the constant of the move of the constant of the move of the them saving food in the women saving to tone.

We want to sow the seeds of this shooting pains in the arm.

Rest is the most important treatment. In the more advanced cases this should in the more advanced to it.

They must know the important every sale was a summunition for the time being one should get plenty of sleep—at the more advanced to it.

They must know the important every sale was a summunition for the time she may actually see the right way to do these things. Unsuccessful attempts in the constitution of the settings are struggling to do it food saving.

It is up to women then to turn home stump speecher and camouflage artist.

"We might" said Mrs. La Wall, "have the women report what men are not cooperating in the food campaign and then

Eggs Without Bacon Tomorrow!

gently two or three times a day.

War Savings Jingles

Mary, Mary, wise and wary, How does your thrift card grow? Very well, I'm glad to tell, I've sixteen stamps all in a row.

with your eggs. But this is And what's a matter of taste

TOMORROW IS PORKLESS

LUNCHEON

APPLE PANCAKES

Beat egg yolks until thick and lemon