A SENSE OF HUMOR, A SENSE OF HONOR AND THE WHEAT QUESTION—GIRLS' TRADE SCHOOLS

WOMEN BUY WHEAT SUBSTITUTES AND THEN DO NOT USE THEM

They Laugh About Fooling Uncle Sam, but It Takes a Queer Sense of Humor to See This Joke

SIXTY days. It sounds like a sentence. Only the sixty days Mr. Hoover gives us to save 75,000,000 bushels of wheat to send our allies isn't a sentence. It's a period of probation. If we save the wheat we show we are sporting Americans, game to do our part toward winning the war. If we don't save it, we face compulsory rationing, standing in line with bread cards. We face losing the war.

For a long time the United States Food Administration has been more or less on its knees trying to make food saving easy for the American people. Now the situation is put as it might have been well to put it some time ago. War is not the time to consult the tastes and preferences of fastidious palates. War means taking what we are told to take or going without.

Over in France the housewives were not consulted as to whether it would be convenient for them to have the Germans burn their homes on a certain day. No, war is not like this. As far as history records it war has never been a matter of convenience.

THAT'S the way things stand today. We must get together and save wheat regardless of how we feel about it, of how our families feel about it.

With the establishment of victory bread, wheat saving by the bakers and to a certain extent by families is regulated by law. But is is a sense of honor alone that can make a woman live up to wheat-saving regulations in her own home. It must be clearly understood that serving victory bread does not constitute serving a wheatless meal nor living up to a wheatless day. The food administration clearly states that housewives must use at these times breads that contain only the very, very small quantity of wheat that is necessary as a binder in making breads.

It is true the Government is attempting to regulate the use of white flour in the home by law by making it impossible to buy white flour without purchasing at the same time an equal amount of white flour substitutes. But some women have found a way to get around this. They boast of buying the substitutes and then of not using them. They laugh at their ingenuity. I have a sense of humor, but somehow it failed me when I heard this little joke. A sense of honor seemed so eminently more suited to the occasion.

THERE has been a good bit of honest as well as dishonest misunderstanding about the use of the substitutes. Some have been under the impression that it is necessary to use the oatmeal, cornmeal, etc., in breadmaking. It is not necessary for women to do this. They can serve more oatmeal breakfast food, more corn muffins, more fried mush and serve less bread. All of these things contain the same nutriment as bread and the more that is served of them the less bread will be required.

The more potatoes eaten the less bread will be required.

This is a critical time, when the housewife must sit down and work out her country's salvation.

Old Friends

FROM THE "MARSEILLAISE"

O Liberty! can man resign thee,
Once having felt thy generous flame?
Can dungeons, bolts or bars confine thee?
Or whips thy noble spirit tame?
Too long the world has wept, bewailing
That falsehood's dagger tyrants wield,
But freedom is our sword and shield,
And all their arts are unavailing.
To arms, to arms, ye brave!
The avenging sword unsheathe;
March on! march on! all hearts resolved
On victory or death.

—Adapted from the French of Rouget de Lisle.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily indorse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, *Evening Public Ledger, Philadelphia, Pa.*

TODAY'S INQUIRIES

1. Which contains more nourishment, salt and smoked fish or fresh fish, and what is the reason for this?
2. What will prevent the stretching of the purling around the waist of a sweater?
3. How much is an ounce of sugar in tablespoonfuls?

1. What is the cost of re-establishing a refugee family in one of the villages now in process of reconstruction in France?
2. When a satin frock has lost its first sheen, how can one treat it in the remaking?
3. Instead of washing the hair so frequently that it becomes dull and lifeless-looking what can one do to insure the cleanness of it?

ANSWERS TO YESTERDAY'S INQUIRIES

1. In mapping out meals to be prepared entirely in the oven it is important to select dishes that all require about the same regulation of heat and the same amount of time to cook. This will insure conservation of fuel, as well as proper preparation of the meal.
2. Baby's and other children's bed clothes can be kept securely in place at night by snapping the bedclothes with a spring clothespin and then tucking them under the mattress.
3. Coating a soiled light straw knitting bag with one of the patent black hat renovators on the market will convert it into a smart serviceable affair. The black can then be ornamented with tiny hand-painted flowers.

1. Elizabeth Garrett Anderson was the first woman doctor of modern times in Great Britain. More than eighty years of age, she died since the beginning of our world war.
2. Three unusual color combinations that are very good are pale green and violet, chocolate and bright blue and claret and buff.
3. It is quite proper for a girl to clap if her partner is clapping for an encore when a dance is over.

Here's One Who Knits in Public

To the Editor of Woman's Page:

Dear Madam—As to knitting in public, you say you would like to have the opinion of some more of your readers. Here is mine:

When the war broke out and the knitting craze started I deplored my lack of time for knitting or otherwise doing something useful for the boys "over there," for I work in an office all day and must get up early to get my breakfast and my father's. In the evening I must rush home to get supper and, incidentally, do the housework. Where was I to find the time to "do my bit?" I was simply exhausted when the clock pointed to 9 or 10 o'clock. One day at luncheon I waited fully twenty minutes before being served. "What a waste of time," I remarked to myself, and at that very second the thought that those twenty minutes could have been employed in knitting came to me.

Since then, dear readers, I am never without my knitting bag. On the cars, the trains, between the acts at the theatre I never waste a moment; I knit, knit. I don't care what onlookers think, for I have already sent seven sweaters to the Red Cross and I want to make it an even dozen or, perhaps, two or three dozen.

As for everything else in life, the worthy must share the criticism deserved by the unworthy. I certainly knit in public and will continue, for that is the only time I get a chance to "do my bit."

ONE OF YOUR READERS.

Men and women who have plenty of time to knit in their homes frequently criticize the woman who knits in public. They claim it is show. Above is a letter that tells the other side of the story. More power to the writer!

Tomato Custard

To the Editor of Woman's Page:

Dear Madam—Will you please print a recipe for tomato custard that can be served with cold meat and have a cheese sauce poured over it? (Mrs.) C.

Let simmer for fifteen minutes one pean of tomatoes, one cupful of water, one and a quarter teaspoonfuls of salt, a quarter of a teaspoonful of pepper, four cloves, two tablespoonfuls of sugar, one-half of a bay leaf and two slices of onion. Then press through a colander. Add to this three tablespoonfuls of cracker dust, two eggs slightly beaten and then pour the mixture into custard cups greased. Bake until the custards are firm. Serve on the platter with cold meat or on a separate platter with the cheese sauce poured over them.

Art of French Fried Potatoes

To the Editor of Woman's Page:

Dear Madam—In fixing French fried potatoes I seem to get them too hard on the inside and not crisp enough. Could you tell me of anything that will help me out to get them nice and crisp on the outside and soft on the inside? (Mrs.) M.

A great many bump into this trouble when they fix French fried potatoes. I have found the following way successful in getting them just right:

After the potatoes are cut into eighths lengthwise soak them first in cold water for about half an hour and then put them in hot water for a minute. Then dry them off on cheesecloth. Fry in deep fat for about seven minutes. Then drain on brown paper and sprinkle with salt. Only cook one layer of the potatoes at a time.

For Meatless Day

To the Editor of Woman's Page:

Dear Madam—Perhaps this little suggestion will be of value to some of your readers. We have a very appetising dish in our house which is very easy to make. It is made by turning a can of corn into a baking dish. Then a little milk and salt and pepper are added. The top is sprinkled with dry bread crumbs and then the dish is put in to bake. It does not need to stay in quite so long, just long enough to get through the way through and for the top to get brown. I bake this dish with the meat course. GRANDMOTHER READER.

[illegible] Reader [illegible] meat.

Bobbed Hair Will Come Soon

To the Editor of Woman's Page:

Dear Madam—I think "A. P.'s" plea of women bobbing their hair is splendid. My hair is very thick, long and lustrous and considered beautiful, but if bobbed hair became the custom instead of a fad I would cheerfully do it off.

I wonder if "Just a Man" would like to be in the boots of the possessor of a thick head of hair with side puffs in addition, on a sweltering hot day and try to look cool and pleasant. What a blessing and pleasure bobbed hair would be to the sports woman, she who plays tennis and golf and rides a horse.

Then think of the woman who takes long hikes or spends her vacation in camp; of the hours spent by the swimmer trying to dry her long hair. For no matter what kind of a bathing cap a woman wears, if she is a real swimmer and not the kind that poses on the beach her hair will get wet.

Don't forget the working girl, whose vacation, if she gets any, is short and who spends the scorching hot days of summer in the mills, department stores or offices, vainly trying to work while her hot, moist hair slides down her back.

Then think of the women in the blustery days of the fall, with the wind blowing their locks in all directions, and the joy bobbed hair would be to them. Think of her who loves ice skating and the trouble she has in keeping long hair in place. Think of all the women in every class of life and the relief, anxiety and pleasure bobbed hair would be to them, no matter what day or season of the year, no matter what kind of work they were doing or the pleasure or social event they were taking part in.

The world is moving fast and people no longer do a thing because their great-grandmothers and grandfathers did it that way, but devise new ways and means to take the place of the old, and for that reason the women in the near future will bob their hair short. B. B.

A Girl Bugler

To the Editor of Woman's Page:

Dear Madam—Will you kindly tell me how I myself can remove a slight scorch stain from a dark-gray woolen skirt? I stood too close to a gas radiator.

How can one learn to blow an army bugle? Can you give me some direct pointers without referring me to books, as I have one? I desire to know the various army calls, and after a month's practice I know very little about it, as I do not know how to go about it. I thank you most sincerely for your help. MISS WANT-TO-KNOW.

I am sorry to tell you wool cannot be restored to its original condition after being scorched. A little hydrogen peroxide applied carefully, however, will help to take the stain out. Do not apply it too steadily to the skirt, as it is apt to bleach it.

Why don't you take a few lessons on the bugle? This would be far better than wasting your time trying to follow out directions given to you in print. You will find lists of music schools in the yellow part of the telephone directory. The various army calls are standard and any instructor would be able to teach you them. Perhaps some of our readers who have had experience in this line will be able to advise you further.

In regard to the other inquiry in your letter, please send a self-addressed envelope and I shall be glad to send you some helpful advice.

How to Eat Cheese

To the Editor of Woman's Page:

Dear Madam—Will you kindly tell me whether cheese should be eaten with a knife or fork? HENRIETTA.

Cheese is usually eaten with crackers and is spread on the cracker with a small silver knife. Cream cheese may be eaten with a fork with salad, but it is customary to spread it on the crackers with a knife.

To Leon Springs, Texas

To the Editor of Woman's Page:

Dear Madam—Will you please let me know through the columns of your paper how many miles Leon Springs, Tex., is from Philadelphia and how many days it takes to get there by rail? B. B. M.

Leon Springs, Tex., is 2151 miles from Philadelphia by rail. It will take you about forty-eight hours, or two days and two nights, to get there if you take the fast trains. The fare for the round trip is $[illegible]. [illegible] Reader [illegible] Oriental Reader [illegible] Reader [illegible] Reader [illegible]