

A FRENCH BABY IN EVERY AMERICAN HOME-TEAM WORK WITH THE FARM AND CITY-LETTERS

NO MAN COMES HOME AT NIGHT TO FACE THE LEFTOVER IRONING

But Many a Girl Who Works All Day in an Office Does—A Letter From One Who Bumped Into a Crisis

Old Friends
SALLY IN OUR ALLEY
Of all the girls that are so smart,
There's none like pretty Sally;
She is the darlin' of my heart,

Dear Friend: I feel that a crisis in my life has come. And I must ask some one. I am a stenographer, a girl who pays a fair amount of board at home. I work all day. But my mother and sister do not seem to regard this kind of toil as toil at all.

WHEN I say it is not fair for a girl who works hard all day to be expected to do any appreciable amount of work at home, I say so after having looked at all sides of the question.

She is competing shoulder to shoulder with men, physically and mentally. There is no place in an office for the weary—even if the weary become so from staying up at night to help with the ironing.

It is with such a primed-up running mate the girl of today competes. If she is tired it is hard to make a good showing. But there is something worse than tiredness. Oh, the tragedy of seeing the time slip by with yourself standing still as it slips!

There is no part of the body more deserving of constant consideration than our feet, and so that gets us little hygienic attention.

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 assume responsibility for the return of correspondence. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

- 1. To what extent do garbage collectors in Philadelphia receive any special attention or reward from the food administration when they are saving food?

- 1. Who is the first woman doctor United States?

- 1. What is a pressure cooker a good war-time kitchen utensil?

- 1. Salt and smoked fish contains more nourishment, pound for pound, than fresh fish because it is preserved? Is it?

- 1. A piece of elastic tacked, as inside belt, where it is twisted, will keep the pulling from stretching later on.

- 1. An ounce of sugar is two level tablespoons.

A Patriotic Party

Dear Madam—Would you please give me a few suggestions as to the decorations for a birthday party to be held on March 22? Something in red, white and blue.

At the department stores or at the specialty stores, you will find a large variety of white and blue ribbons. You can get wonderful patriotic effects for your party. Use a white linen tablecloth as a foundation and around this, making a curtain to hang from the edge of the table, use some of this novelty red, white and blue crepe paper.

For plates for the girls have those attractive little guards for the end of knitting needles, a dollar and cent set, box of correspondence cards or a little rose brocade box to hold hairpins, etc. For the boys have a pair of silk socks, a large silk handkerchief or a little silver pencil.

Egg Toast

Dear Madam—Can you give me the recipe for egg toast? I have tried it many times and it is not satisfactory.

To Make Lace Ecru

Dear Madam—What can I use to make white lace ecru? Is it true that the use of coffee or tea is entirely satisfactory to use in dyeing white lace ecru? The tea will give the deeper shade.

Getting Women to Vote

Dear Madam—I wonder what the suggestions will be to get the women to vote? I am sure that if we only had a better understanding of the importance of the vote, we would be better equipped to handle the situation.

Express Pleasure at Attendance

Dear Madam—Will you kindly answer the question of how to get women to vote? I am sure that if we only had a better understanding of the importance of the vote, we would be better equipped to handle the situation.

Editorials for Women by Women

CO-OPERATION OF FARM AND TOWN WOMEN
By Mrs. Flora Snyder Black
President of the Society of Farm Women

SLOWLY but surely the dense clouds of misunderstanding are lifting from the agricultural world, and the two great forces of farm and town are struggling toward each other for the first time.

The "back-to-the-land" movement being talked in the town women's clubs today will eventually work out, but not today. Neither side is ready for it.

Eventually, we who suffer together shall work together, for then we shall understand.

BAD EFFECTS OF HIGH HEELS

By J. H. KELLOGG, M. D., LL. D.
AN ILLINOIS legislator has been so impressed with the need of reform in women's shoe heels that he recently presented a bill in the State Legislature regulating the height of heels.

It is of very serious moment to the State, this high heel mania, because it indirectly interferes with child-bearing.

When the body is elevated on high heels, the pelvis is tilted forward and the organs are sufficiently displaced to cause interference with normal circulation.

Where this condition is maintained daily for hours, congestion and inflammation gradually develop and we get as a result the menorrhagia and other irregularities of the pelvis.

Many so-called diseases of women can be traced to high heels and tight, pointed shoes.

Professional women dancers are said to be singularly free from pelvic trouble. They have no foot diseases, of course, or they could not follow their work.

When the feet are uncomfortable the whole body suffers. The pelvis is not the only part affected. General perturbation of the nervous system, vertigo, headache, indigestion develop.

It is not necessary to be a professional dancer, but the lesson is obvious. When the feet are uncomfortable the whole body suffers.

There is no part of the body more deserving of constant consideration than our feet, and so that gets us little hygienic attention.

QUESTIONS AND ANSWERS

Recurring Appendicitis

Is an attack of appendicitis liable to recur? I had one several years ago and it is recurring again.

Yes, Appendicitis doubtless begins in the colon. It is due to an extension of the infection of the colon to the appendix. When a person has had an attack of appendicitis, it is evident that the colon is infected, and unless the colon is cured, the attack is likely to recur.

There is no doubt, however, that by means of an antiseptic diet and proper care to secure a thorough movement of the bowels two or three times daily, a person who has recovered from one attack of appendicitis need not have another unless the condition is quite unusual.

Flesh-Building Diet

Kindly indicate a flesh-building diet. I am a thin person and I would like to gain weight.

Get an abundance of fruits, such as grapes and raisins; fresh vegetables, like string beans, peas, and corn; and take care that the bowels move two or three times daily. Also, use butter, cream, butter-milk, raw eggs beaten in milk, hot milk.

The Use of the Bile

What use is bile? I have been told that it is a waste product and should be eliminated.

Bile is an excellent food. It carries off poisons and various poisonous matters. It is also useful in the digestion of food, especially in carnivorous animals.

Early Diagnosis of Tuberculosis

How may tuberculosis be known at an early stage? I have been told that it is a slow disease and that it is best to wait until it is advanced.

The physical diagnosis has long been perfected that it is now possible for well-trained experts to discover the very beginning of tubercular disease even in the absence of cough, emaciation, and other prominent symptoms which characterize the more advanced stages of the disease.

War-Saving Jingles

Just a little Thrift Stamp, Added to some more, Will help the war and old U. S. A. To win the rattles war.

ADOPTS THREE LITTLE BELGIANS

Miss Jane Gregory, daughter of the Attorney General of the United States, who applied for an \$80-a-month job with the food administration in order to support three Belgian orphans she has adopted.



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with a pinch of salt, simple puddings, are all fastening foods. Drink an abundance of pure water between meals, morning and night. Live in the open air. Sleep outdoors. Take a cold bath or "shower" every morning.

When it is desirable to make a decided gain in weight there is no better means than the milk regimen. Five or six quarts must be taken daily to insure an actual gain. Four quarts are needed to maintain the weight. More must be taken to insure a gain.

Hereditary Effects of Tobacco
Are the effects of tobacco transmitted to the offspring? FATHER.

There is no doubt that tobacco which is more certainly transmitted to posterity than are those of tobacco using. A vigorous man may convince himself all the time that he is receiving no injury, but the children of that man, who should inherit from him a vigorous constitution and high health, in most instances are robbed of their rightful patrimony, and suffer upon life with weaker organism, with a system predisposed to disease and destined to premature decay.

Future Citizens

No parents are more solicitous, more indulgent, more anxious to do well by their children than American parents. "Our little ones shall have every opportunity we can give them, if it takes all we have." That is the American attitude.

Well-intentioned, splendidly humane, overgenerous American parents, how often does your attitude breed disaster? How often does it implant in the very fiber of your offspring that utter disregard of values for which your parents gave their lives? If a child is not taught to know values, how can he possibly appreciate the priceless treasure of your love and care? How can he properly use it, if he does not appreciate the opportunities you place before him? The first value a child should learn is the value of the proper use of money.

Through this lesson he will learn other values—the value of self-reliance, self-control, self-respect. He will learn the value of education, citizenship, democracy, freedom. Greatness often has its roots in a penny bank. Then use if the child doesn't take his first twenty-five pennies for a thrift stamp. If he doesn't, teach him why he should.

Benefit Dance for Hebrew School

A benefit dance for a Hebrew free school in Richmond will be given at 8 o'clock this evening at Apollo Hall, 1754 North Broad street. The music will continue until 2 o'clock, when refreshments will be served. The arrangements are in charge of a committee composed of Joseph H. Eiden, Tetta Cohen, Esther Liebman, the Misses Dinsky and Mrs. Lottie Weiner.

PHILADELPHIA MUSIC CLUB

Instrumental Program of Interest Pleases Members and Guests
The regular fortnightly matinee meeting of the Philadelphia Music Club, composed of well-known women musicians and music lovers of this city, was held yesterday in the music room of the Aldine Hotel.

Of special novelty was the series of duets for two pianos played with excellent unanimity of feeling and capital technical teamwork by Miss Dorothea Noebe and Miss Helen Tyson. There is a somewhat large literature of works for this instrumental combination, aside from the paraphrases of symphonies and operas couched in this form, but the compositions do not often attain a place on concert programs.

Miss Florence Adele Wightman, the clever young pianist and pianist, who has definitely passed out of the "wonderland" stage to that of the genuine artist, continued display of her versatility and virtuosity to large numbers, in which she won deserved success.

Miss Ann Weisman was another of the several participants in the program. She is a violinist of considerable skill in execution and understanding of the meanings of the composer she is interpreting. Her contributions gave pleasure. The program was arranged by Mrs. C. G. Hooyer.

"ADOPTION" OF WAR ORPHANS GETS BOOST

Attorney General's Daughter Gets Job to Support Belgian Children

Adoption of war orphans "over there" received a big boost when a certain prominent young woman in Washington went out and got a job so as to be able to support three Belgian children. The incident, which happened a few days ago, is well known, but is worth repeating.

Miss Jane Gregory, daughter of the Attorney General of the United States, applied for the food administration, \$222 Walnut street, which supplies the name of the child, so that he or she and the "foster parent" may write to one another.

The job was hers. While actual adoption of children made orphan by the war is rare, there is a long-distance method of "adoption" that is proving very popular in the case of French war orphans. A fatherless boy or girl in France may be "adopted" by an American woman who has \$35.50 to spare. The \$35.50 supplies the cost of ten cents a day, which is necessary to convert the orphan's life from one of suffering to one of comfort for a whole year.

French children are being "adopted" through the fatherless children of France committee, 1322 Walnut street, which supplies the name of the child, so that he or she and the "foster parent" may write to one another.

The situation of the Belgian children is different. In Germany and Belgium "adoptions" are impossible, of course. The Belgian relief funds that are distributed through agencies, for which the name of the child is given, are the children of Belgium and in Holland and France, where there are large numbers of refugees. But there is no follow-up system as in the case with the French war orphans.

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Removes Superfluous Hair from Under the Arms

Removes Superfluous Hair from Under the Arms. It gives the desired result. Keeps the skin beautiful, soft and cool. Adheres to the skin, does not wash off. 50¢ per box of best quality. By mail, \$1.00.

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Tomorrow's War Menu

The recipe for any dish mentioned here will be sent upon receipt of a self-addressed stamped envelope.

BREAKFAST (meatless)
Stewed Prunes
Oatmeal and Top Milk
Cornmeal and Rice Waffles

LUNCHEON (meatless)
Cheese Bisque with Croutons
Indian Meat Doughnuts
Pickled Peaches

DINNER
Dressed Rolled Potatoes
Mashed Potatoes
Fricassee Cabbage
Brown Betty

BROWN BETTY
Mix two cups of bread crumbs with four tablespoons of butter substitute and sliced. Then mix together a third of a cupful of brown sugar, a quarter teaspoonful each of cloves and nutmeg and a half teaspoonful of cinnamon. Then make layers of the crumbs and the apples in a greased baking dish, sprinkling each layer with the sugar and spice mixture as you go. Finally mix two tablespoons of molasses with two teaspoonful of hot water and a quarter teaspoonful of salt. Pour this over the crumbs and apples. Bake for one hour and a half in a slow oven.

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A Perfect Front A Perfect Back A Perfect Corset
Gossards are inimitable. Women of every figure can attain, in the new Spring and Summer Gossards, the silhouette of the mode with its tapering waistline and its flat back and lip lines.

When you understand that every Gossard Corset offers inimitable style, a priceless all-day comfort, and a wearing service that alone is worth the price of the garment, you will realize why every woman who buys a Gossard is practicing corset economy in its truest sense.

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THE H.