A PAGE OF FAR AND WIDE INTERESTS FOR WOMEN—A U. S. A. GIRL SOLDIER—THE INCOME TAX

CONCERNING THE INCOME TAX AND WOMEN WHO DO NOT PAY IT

Just Plain Wives and Mothers Feel a Little Unimportant Now, and the World Allows Them to Feel So

THE woman in the street car seat in front of me gathered her little boy up closer in her arms so he could sleep more comfortably and repeated herself.

"I said," she insisted, "I feel so terribly unimportant now that so many of you women earning money are paying the income tax. It must sort of make you feel as though you are a part of the workings."

"Well," said the woman who shared the seat with her, "I admit there's a silver lining for me to have to dig down and pay that tax. It makes me feel like a real partner. Oh, I guess the woman who works side by side with a man will come into her own eventually."

And just then the little boy began to wake up. So they stopped talking about income taxes.

WHY must the taking care of a home and the bearing and raising of children continue to be ranked as a profession that is not part of the workings? The woman with the fine, sturdy little boy baby on her lap sat back with an apologetic air because she had not earned the "more than one thousand dollars" last year which qualifies a large body of women wage-earners to pay the income tax. The woman who "worked side by side with a man" silently accepted the apology and hoped for eventual recognition of herself.

Working side by side with a man! A real partner! What is the real economic partnership? Man with his part of the bargain stretched out before him, that of making a living. Woman with hers—that of making his home, raising his children and carefully eking out his salary so that it will do both of these things.

IT IS a queer world with its sense of values. The little incident on the street car reminded me of a remark that is on the lips of many men now, that full suffrage for women is near.

"Now that women are to vote," it runs, "and claim equal rights with men, they ought to pay half of the household expenses."

The great unpaid profession, it is called. The men who talk about the fifty-fifty plan on household expenses leave out one big item in their reasoning processes. The paying of bills by a man is not a pretty little courtesy handed down from the days of chivalry. It is a businesslike, matter-of-fact proposition. There's a real reason for it. His wife is, generally speaking, working for him a great deal harder than does his bookkeeper or his stenographer. If he does not believe this, let him try to hire help to take her place. Her salary, then, is her support!

IT IS well to think of these things when we sit idly by and let a housewife apologize for her unimportance. Perhaps the day will come when the great unpaid profession will come into its own. Until then, I suppose, women will work for love, and if they don't love, they'll do it anyway!

Old Friends

THE GIRL I LEFT BEHIND ME

The dames of France are fond and free,
And Flemish lips are willing,
And soft the maids of Italy
And Spanish eyes are thrilling:
Still though I bask beneath their smile,
Their charms fail to bind me,
And my heart falls back to Erin's Isle,
To the girl I left behind me.

For she's as fair as Shannon's side,
And purer than its water,
But she refus'd to be my bride
Though many a year I sought her;
Yet since to France I sailed away,
Her letters oft remind me,
That I promis'd never to gainsay
The girl I left behind me.

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.

ANSWERS TO TODAY'S INQUIRIES

1. How can the quality of seeds be tested before they are planted?
2. Name some uses for the small leftover pieces of linoleum that are often thrown away.
3. What is the correct way to apply a chemical to material when removing a stain with it?

1. Who is Madame Adam?
2. What is a betrothal ring?
3. How is purling being used on the newest women's sweaters?

ANSWERS TO YESTERDAY'S INQUIRIES

1. A decrease of from 12 to 15 per cent in the weight of the garbage collected in the first nine months of 1917, as compared to that collected in 1916, in eighty-one representative cities in the United States shows to what extent housewives are saving food. This survey was made by the food administration.
2. Ironing a rag flat and then rubbing the back of it with beeswax will prevent it from curling.
3. A pressure cooker is a good wartime kitchen utensil because foods can be cooked in it in one-third the usual time and this makes for appreciable conservation of fuel.

1. Miss Lolo Anderson, of Denver, Col., holds the distinction of being the first woman Deputy United States Marshal.
2. The woman who does not possess flawless beauty should beware of the brimless hat because it casts no shadows, and shadows are the strongest ally of the woman who cannot stand the cruel searching light of daytime.
3. Rings should never be worn on the first fingers.

Curls Hide Multitude of Sins

To the Editor of Woman's Page:

Dear Madam—I have read with interest and amusement the comments on the bobbing of women's hair. Women will never bob their hair. To some women, unable to buy expensive and beautiful clothes, beautiful hair, becomingly arranged, is their only means of satisfying their craving for personal beauty. Wonderful clothes with coiffed hair, artificially arranged and waved, can be obtained by all women with money who, if they do not possess beauty, will at least obtain a semblance of beauty with these accessories, but women of moderate means and those with no means at all, who buy clothes first with an eye to service, can only really express their love for personal beauty through their hair and complexion.

Do you suppose these women will throw away the only means in their power to make themselves beautiful? Never! I note where a male writer says that children are beautiful with their hair bobbed. Of course they are. With their limpid eyes, satiny skin and rose-leaf complexion the dears would look beautiful no matter how their hair is fixed. But every one knows that the face of woman bears its round contours, tiny wrinkles and blemishes appear sometimes at as early an age as twenty. And woman is going to hide her blemishes in every way known to her. There has been a craze, I know, for hair worn tight from the forehead, which was perfectly hideous. It was only becoming to young girls of fifteen or sixteen. Those older who attempted to adopt this coiffure made themselves hideous.

Women will never bob their hair. Think of the scores of pretty mothers you know between the ages of twenty-five and forty who are accounted as attractive who would lose all their charm and claims to beauty if their hair was worn short. Think of all the blemishes hidden behind a soft curl! Woman will never do anything to take away any of her charm. During the reign of Louis XIV he issued an edict forbidding women to wear corsets, as they were worn extremely tight in those days and were a constant menace to health. Feared as he was and as anxious as were all those great court ladies to win his favor, not one of them obeyed this edict, and the historian goes on to tell that threat of punishment could not in any way compel them to discard the offending article of dress, and the great Louis, who had won battles and changed the map of Europe, was unable to bend woman to his will. And why? Did they wish to show to the eyes of their friends and enemies the faulty lines of their figures? No, not even if it cost them the friendship of the great king! So it is today. Curls cover a multitude of sins, and woman is not foolish enough to bob her hair and give herself away. A WOMAN.

Pink Lemonade Still Here

To the Editor of Woman's Page:

Dear Madam—Is there any possible way to make lemonade pink? If so please print the recipe in your EVENING PUBLIC LEDGER. (Mrs.) E. M. T.

There is a commercial vegetable coloring that is used to make lemonade pink. This can be bought in any of the large grocery stores. A home coloring that is often used is the juice from strawberry, raspberry or cherry preserves. Make the lemonade with the lemon juice and water as you always do and then add the coloring until it is the desired shade.

Believes in Movies at Night

To the Editor of Woman's Page:

Dear Madam—I speak a word in favor of the mother and father who take their little ones to the movies. "One Who Has Four of Them" says mothers and fathers must make sacrifices for their children. They must make sacrifices for them. All day long this is what they are doing. This writer suggests that mother go to the movies with some of the neighbors and that father stay home to mind the children, and that the next time father takes his turn. When are these parents to get acquainted with each other? Surely they have a right to live some of the lives as they go along. And if the parents give up the movies altogether and stay home at night in order that the children may be in bed on the dot of 7:30 what fine chance they take of getting bored with each other. The thing to do is to take more, but to take it together. I believe taking a child to the first show at the movies, I think the child will get more from the fact that her parents have enjoyed their youth than from that extra half hour's sleep. (Mrs.) M.

Wants Patriotic Song

To the Editor of Woman's Page:

Dear Madam—If I am not asking too much, can you print "When Johnny Comes Marching Home" at the top of the Woman's Page some Wednesday. Thanks, you [illegible] the Woman's Page. [illegible]

Will Translate French Letter

To the Editor of Woman's Page:

Dear Madam—I read your column regularly and find it always interesting. Also I have noticed that the writers are often extending little courtesies to each other, just like friends would do. Well, then, I know some of the French language and although not being a professional translator, I will gladly translate the letter in question if the "Daily Reader" will send me the English copy. I would be really glad if in this way I could do something for your column to show my appreciation for the many interesting things I have found in reading it. J. J. D.

You have surely grasped the spirit of friendliness we like to feel makes the column a place where we come and help each other. It is kind, indeed, of you to volunteer to translate "Daily Reader's" letter, and I have hurried to forward your address to him so he may take advantage of your generous offer. I hope we may be able to do something for you some day.

Work for Schoolgirl

To the Editor of Woman's Page:

Dear Madam—As you have helped me several times I come to you again for help. I have been to the several department stores seeking for a position for Saturdays only. The different authorities have no positions open, so I thought I would ask you how I can earn some money. I attend a business school daily except Saturdays and Sundays. I can typewrite fairly well and at a fair speed. Perhaps you can tell me where I can secure a position to address envelopes, either on the typewriter or by hand. This work I can do after school hours, in the evenings or even on Saturdays. I can do this work home. My parents pay for my education and if I want various articles they tell me that I must study and know my lessons first. Of course, I have enough clothes, but, as you know, spring is soon coming and girls want more dainty clothes. I am sixteen years of age and think that I can earn some money for myself. Hoping to see an early reply in the EVENING PUBLIC LEDGER, I am a SCHOOLGIRL.

The employment department of the Bureau of Compulsory Education, 1522 Cherry street, places girls like yourself who can only give a certain amount of time each week to work. I talked to Miss Godfrey, the head of it, about you, explaining you were a business school student. She promised to do her very best to place you as soon as possible if you come to her. Do not put off going. Persevere and I am sure you will soon have the nice spring things that only a little extra money can buy.

Depends on Circumstances

To the Editor of Woman's Page:

Dear Madam—A young lady has asked me to take her to a dance next week. She has the tickets. Is it necessary for me to take her in a taxi to and from the dance? ANXIOUS.

If a taxi is within your means it is very nice to engage one, but unless it is a bad night and the distance not in the car districts it is by no means necessary. These things depend largely on circumstances, you see.

A Troublesome Complexion

To the Editor of Woman's Page:

Dear Madam—Please give me a cure for pimples and blackheads. Every morning and evening I wash, but the blackheads seem to come thicker, and the same with the pimples. I am only fifteen years old. K. L. K.

I would not worry, because young persons of your age are often troubled this way. Your skin will clear up when you are a little older. See that the general condition of your health is good. Drink lots of water, take plenty of exercise and eat what's good for you, never minding the sweets. In place of using a wash cloth use a brush on your face each night. Use tincture of green soap, which you can buy at the drug store. If the blackheads and pimples do not come from some internal cause the only way to get rid of them is to work very hard to keep your face scrupulously clean. Once a week steam it by holding your head over a bowl of very hot water. Then press out those blackheads that are not irritated. After you finish bathing the face at night rub a little sine ointment on. I am further referring your letter to Dr. John Harvey Kellogg, whose Good Health Questions appear on this page. Watch for another answer soon.

CAMP MEADE'S "JOAN OF ARC" HAS ARMY WON BY SOLDIERLINESS AND WOMANLY GRACE

Lieutenant Beatrice B. Duke, of Women's Military Emergency League, "Every Inch a Girl"

Ready for Hospital Service in France and Would Go Over the Top if Uncle Sam Let Her

Photos by Weirstraub

"Lieutenant" Beatrice Duke, of the Women's Military Emergency League, known as the Joan of Arc of Camp Meade, smiles at and then salutes the camera man.

"JOAN OF ARC!" they call her at Camp Meade, where they all swear by her and are ready to fight for her if need be. They call her Joan of Arc because she looks "every inch a soldier" in her smart lieutenant's uniform, and when a girl looks like a soldier it is easy to understand why men think of her as a modern girl soldier of liberty.

The fact is, however, that she is "every inch a girl." You can't help realizing that if you take a good look at her, despite her garrison cap and her coat and her leather puttees and her regulation army pants.

The first Joan of Arc is immortal, but she was not so richly endowed with the gentle feminine graces. Under her impassioned leadership it might almost have been forgotten that she was a woman; but if this Joan of Arc of Camp Meade ever leads men "over the top" they will follow her—because she is a woman.

It isn't likely that she'll lead them "over the top," but it is not improbable that she will be "over there," doing things that are just as necessary and more suited to woman's hands than fighting. Yes, she looks like a soldier, but could you imagine her swinging a sword with death in it? Hardly.

She is formally and officially Second Lieutenant Miss Beatrice B. Duke, of the Women's Military Emergency League. Her unit will go to France very soon if present plans are carried out and the Camp Meade men who go to the front and are wounded may meet her there. Miss Duke's organization is ready to do anything that it is called upon to do—even to go over the top, though it is certain the United States will never realize it to do that. Lieutenant Duke and the others of her unit will be in the field hospital service. Some of the Camp Meade men have been heard to remark that they wouldn't mind being wounded.

The rookies were surprised almost out of their shoes when she first visited the camp. They saw her afar off, and despite her military bearing there seemed something a little unsoldierly, charmingly unsoldierly, about her. She was entirely too "pretty" looking to be a soldier. It's all right for a soldier to be handsome, but it is almost disgraceful to be "nice" looking. A man cares no more for a man that's pretty than a girl does. But when she came nearer they knew she was the kind of soldier that can afford to be pretty. And she was being pretty, whether she could afford to or not. You see, she couldn't very well help it. Nature had been very good to her in the first place, and then she had a smile that inspired and uplifted.

The men cheered lustily and sang "Joan of Arc." An officer saluted, and her hand went to her cap, snappy-like, as an officer's hand should.

Lieutenant Duke was accompanied to the camp by Dr. S. P. Levin, of the Philadelphia local draft board, No. 4, and Mrs. Levin. She looked over the camp thoroughly and made little suggestions for the comfort of the boys. There isn't an officer in the camp from top to bottom who isn't obeying her orders to the best of his ability in these little matters. Some lieutenants have more admirers than a general.

Editorials for Women by Women

PROHIBITION AS A WAR MEASURE

By ADDIE BOILEAU PARSELS
Vice President Pennsylvania W. C. T. U.

THIS is truly the age of women—in church, in reform and in legislation. The very existence of the Church has been due largely to the devoted service of its women. Although long denied the pulpit, the executive offices of the congregation, the representative power in the legislative bodies of the Church, yet today women are making places for themselves in ecclesiastical bodies.

ADDIE BOILEAU PARSELS

Women have shown their love for the Church and the extension of the gospel by their untiring efforts in foreign fields. They have sacrificed home, love, friends; have endured the plagues and fevers of the world's waste places, have suffered loneliness and privation and even death at the hands of barbaric tribes; since women have filled so acceptably these places on the firing line in foreign lands, why should they be so long refused the ordination of the Church in home lands? Some denominations have already recognized the justice of this demand and there are now more than six thousand women in the American ministry.

Women have forged to the front in the field of reform. Intuitively women have always guarded firmly the sanctity of the home. The greatest reforms of the last half century have been fostered by the women of America. Foremost in any record of the world's great reform movements will stand the name of Frances E. Willard, for no movement has more vitally affected national progress than the fight she waged against intemperance. When Miss Willard began her courageous crusade King Alcohol was in good standing everywhere in society. Strong drink was used at the dedicatory services of churches, at the installation of preachers, was served at weddings and baptisms, given to harvest hands, used at barn raisings, at vendues and even business transactions were sealed and closed by the passing of the bottle. Medically it was used internally, externally and infernally—prescribed alike for chilblains and sunstroke.

Miss Willard crusaded for a sober people—she caught the vision of the children of the schools. Other reformers spent their pity, their prayers and energy upon the victims of drink. She, coming in contact with Mrs. Mary H. Hunt, a noted teacher and chemist of Boston, Mass., began an educational drive upon the schools and colleges.

State Legislatures heeded, until Congress passed the law making the teaching of the scientific effects of alcohol upon the human system compulsory in the public schools of the States and Territories, and even in Annapolis and West Point. The bill was signed by Grover Cleveland while in the presidential chair, in the presence of Miss Willard, Miss Hunt and wife.

With an educated people, the boys and girls of America grown up, we will soon behold the complete abolition of our Government drawing revenue from the liquor traffic.

In 1878, in the National W. C. T. U. convention held in Newark, N. J., Miss Willard declared, "We will never see the entire destruction of the liquor traffic until women have the ballot." Had the license law gone alone through sentiment—tears enough have been shed on the part of heart-broken women to have wiped it out. Had it gone alone through prayers—the victims themselves would have prayed it out. But the liquor traffic is an institution created by the law and by the law it must be declared an outlaw.

Miss Willard served her great organization for suffrage in 1878, but that was not saying that all of her followers in the temperance reform became adherents of suffrage. Women had never known their organizing power nor strength until the forming of the Sanitary Commission during the Civil War. This, on a smaller scale, answered the purpose of the alleviation of the sufferings of our soldiers—much as the Red Cross movement of today does. The much-despised suffrage movement, led by Susan B. Anthony and a few of her followers, received great impetus when the "uncrowned queen of womanhood" (Miss Willard) threw in her great heart and soul and much of her following to push to a finish the doctrine of equal franchise.

In 1918 the battle is on! War to the finish for a world-wide democracy! America must win! But we declare for a nation that no longer will draw its revenue from the destruction of the home—which is the unit of civilization.

Today an army of citizen women, noble, brave, loyal to the flag, greets the dawn! The great reformer, Miss Willard, the only woman to whose memory there is erected a statue in Statuary Hall in the Capitol at Washington, D. C., has been crowned in the hearts of the people of the world as "peerless." But her righteous and just principle has been crystallized until soon we shall behold NATIONAL CONSTITUTIONAL PROHIBITION written upon the statute books of the American Government. Her truths are being harvested in a sober army and navy—in Hoover's idea of conservation, Mr. Garfield's fuel code, in the regulation of labor and in the statesmanship of the Republic.

With the Federal amendment of prohibition to be submitted to the Legislatures of the States—with, perhaps, the nearer route prohibition as a war measure—truly the stainless flag over a saloonless nation we see with the dawning of the day.

Addie Boileau Parsels

VEGETABLES AS USEFUL FOOD

Advice on preventive medicine will be given by Doctor Kellogg in this column daily; but in no case will diagnosis or treatment of ailments be attempted. Personal queries on health will be promptly answered if postage is inclosed.

By J. H. KELLOGG, M. D., LL. D.

SOME root vegetables that are not in popular favor are most nourishing, and of use in furnishing necessary diet bulk. These vegetables also have the advantage that they can be stored for winter use, and when bought in quantity are cheaper than many articles of food that are of less value but much more appreciated.

Beets, carrots, parsnips, salsify and turnips belong to the so-called succulent root group. They differ from the starch-yielding vegetables, like potatoes, because they contain a larger proportion of water, 85 or 90 per cent on an average. In place of the starch, these roots contain sugars of different sorts and also a large percentage of crude fiber. The sugars are readily and well assimilated. In addition, the mineral salts which they contain serve an important purpose in helping to maintain the alkalinity of the blood. Their bulkiness stimulates normal intestinal activity.

That variety of turnip known as rutabaga, usually considered only fit for feeding stock, rivals the white turnip.

Turnips are generally spoiled by overcooking. The rutabaga requires forty-five minutes of steady boiling to make it tender, and the white turnip about thirty minutes. If cooked too long, they grow dark in color and strong in flavor.

The carrot is valuable as a vegetable and as a flavorer. As the carrot grows old, the flavor grows stronger and usually the heart grows hard and woody. When it has reached this stage, only the outer layers are desirable for food. Carrots should be cooked in salted boiling water. The young carrots will cook in twenty minutes and old ones in forty.

Parsnips have so pronounced a flavor that they are not so generally liked as are most of the other roots. They are at their best in the early spring, when they have been kept in the ground all winter. Parsnips may be prepared in the same way as turnips.

Salsify is another root that may be left in the ground over winter to be used as a spring vegetable. It is sometimes called the oyster plant because of its peculiar flavor.

Select rather large firm roots and scrape. Put at once into cold water to which has been added a spoonful of flour to prevent discoloration. Slice and cook in boiling salted water. They will cook tender in about thirty minutes.

Beets are among our most useful vegetables since they may be had all through the summer as well as in the winter.

The onion is a much need flavorer. As a vegetable it may be prepared in a variety of ways. But white onions are the most delicate. The large Spanish or Bermuda onions are also delicate and suitable for a table vegetable. When baked, onions are more delicious than if boiled, fried or raw.

Breakfast "Less" Wheat

For the patriotic woman citizen who has been serving her country by having one wheatless day a week, the program of two wheatless days, and one wheatless meal each day during the week has not come as a hardship. She knows what delicious breads can be made to take the place of the regulation white bread, and she knows also that the wheat she thus releases is actually being sent to Europe, so while her sacrifice has been virtually nil, her accomplishment has been worth while.

The wheatless day is now well incorporated in her daily program of living, she prepares for it and accepts it as she does her wash day, ironing day, fish day, or any other day.

But the wheatless meal each day will require a little forethought and planning, for it means a slight readjustment.

In some States the wheatless meal is fixed by the state Federal food administrator, and is usually the evening meal. In Pennsylvania it is left to the discretion of the housekeeper. It is then advisable to decide upon the wheatless meal every day, and then it will not be overlooked.

Here are some suggestions for wheatless breakfasts, which may help you if you decide to begin the day with a wheatless meal. And breakfast lends itself particularly well to the wheatless meal.

BREAKFASTS

1.
Fruit
Cornmeal Mush With Whole Milk
Coffee

2.
Fruit
Hominy Breakfast Food
Eggs Coffee

3.
Fruit
Cornmeal Griddle Cakes (Cane Syrup)
Coffee

Fruit—Oranges, cantaloupes or baked apples, stewed prunes, etc.

Oatmeal with raisins added five to ten minutes before removing from fire. Raisins add sweetness, making it unnecessary to add sugar to the cereal when it is eaten.

Omelet
Rye or Buckwheat Muffins Butter
Omelet Coffee

2.
Fruit (Fresh or Stewed)
Corn Flakes Virginia Spoon Bread
Coffee

QUESTIONS AND ANSWERS

Diabetic Foods

What kinds of food are safe for a man who has diabetes? ANXIOUS.

Fats, acids and protein are admissible. Vegetables of nearly every sort may be eaten. Nuts are especially valuable in this disease. Potatoes, though highly farinaceous, are of great value in diabetes; by increasing the alkalinity of the blood they increase oxidation, so the sugar is burned up. Gluten preparations are of the greatest service in this malady, especially 40 per cent gluten biscuit; eggs and butternilk are also valuable additions to the limited bill of fare of the diabetic. Cane sugar, honey and cereal preparations, bread, etc., must be avoided.

Diet for Child of Two Years

What is the best diet for a two-year old child? GRANDMOTHER.

Fresh fruits, stewed fruits, purees of vegetables and cereal foods are suited to the child's wants, and with milk and cream are capable of supplying all its nutritive needs. The best cereal preparations are wheat flakes, shredded wheat biscuit, oatmeal, cracked wheat and graham bread. Potatoes and other vegetable purees and purees of fresh or stewed fruit should also constitute a considerable part of the dietary.

Children should be taught to drink frequently. Three to four ounces of water should be given several times a day between meals.

Children should be taught from the first to masticate their food thoroughly. This is highly important, as the habit of mastication formed in childhood is likely to be maintained throughout life.

Ridges on Nails

What is the cause of ridges and white spots on the nails? P. C. B.

Slight defects in the nutrition of the nail, which probably indicate some general impairment of nutrition at the time when the affected part of the nail was being formed, such as loss of sleep, attack of indigestion or some other illness. A very common cause is chronic constipation, which disturbs all the bodily functions by causing the absorption of poisons.

Lumps in Breast

What should be done for the lumps which sometimes form in the breast, especially about the time of change of life? MRS. G.

When painful lumps are found in the breast a competent surgeon should be consulted. Lumps which grow or which cause retraction of the nipple should be removed at once.

Blue Lips

What causes blueness of the lips in heart disease, especially on exercise? HOWARD V.

The effect of exercise upon a person suffering from heart disease is quite different from that of a person in health. In health the amount of carbon dioxide in the body is greatly decreased by exercise, whereas in the case of persons suffering from disease of the heart the amount of carbon dioxide may be increased to nearly 50 per cent above the normal. It is this accumulation of carbon dioxide in the blood which produces the shortness of breath and the blueness of the lips, which are characteristic of this condition. In persons suffering from disease of the heart in an advanced stage, the blood is constantly overloaded with carbon dioxide.

(Copyright)

Tomorrow's War Menu

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

BREAKFAST (wheatless)
Oranges
Oatmeal with Top Milk
Buckwheat Cakes Coffee

LUNCHEON (meatless)
Tuna Fish Patties
Cocoa Apple Sauce
Honey Drop Cookies

DINNER
Casserole of Chicken
Rice Beet Salad
Prune Whip

HONEY DROP COOKIES

Three-quarters cupful honey, one-quarter cupful fat, one and one-half cupfuls white flour, three-quarters cupful of rice flour, one-half teaspoonful soda, one-quarter teaspoonful salt, one egg, two tablespoonfuls water, one cupful raisins cut in small pieces.

Heat the honey and fat until the fat melts. Sift together the flour, soda and salt. To the cooled honey mixture add egg, well beaten, water and raisins. Add gradually to the dry ingredients. Drop by spoonful on a greased sheet. Bake in a slow oven (180 degrees C. to 185 degrees C.) for about twelve to fifteen minutes. This makes about forty-two cookies.

One-half teaspoonful cinnamon and one-eighth teaspoonful of cloves may be added to the honey mixture.—United States Food Administration.

War-Saving Jingles

One a quarter, two a quarter,
Green Thrift stamps.
Of the many things they'll do,
Is help equip camps.

POLICE GUARD NEEDED FOR WAR GARDENS

Big Plans for Planting Season Launched by School Garden Director

Adequate protection for war and school gardens during the coming summer will be asked of the Department of Public Safety by the Board of Education, Miss Caro Miller, director of these gardens, announced today.

Last summer the thefts from vacant lot gardens became a serious menace and discouraged many persons from maintaining their interest, Miss Miller said. The Police Department promised protection, but did not give it. There was not a single arrest except at the instigation of persons living near the gardens, she explained.

The gardening campaign will be opened within a week with increased vigor, Miss Miller announced. All of last year's school gardens will be reopened, and a number of new war gardens are expected.

This, however, depends on the action taken by the board and on the response of the public in donating land not now being used for this purpose. Several acres are still required in West Philadelphia, and any one having a vacant lot in condition for cultivation is asked to lend it to the board.

Arrangements have been made with some of the large seed dealers to furnish the required seeds, many of which are very scarce this year.

A comprehensive planning and planting schedule for a lot twenty feet by twenty feet is being issued by the board. It includes all principal vegetables, with the exception of potatoes, squash, melons and a few others requiring considerable space.

There will be no supervision of home gardens by teachers this year, Miss Miller believes there will be so many home gardens that it would be impossible for the board to undertake this work. However, thirty minutes each week will be devoted to teaching school children the art of gardening.

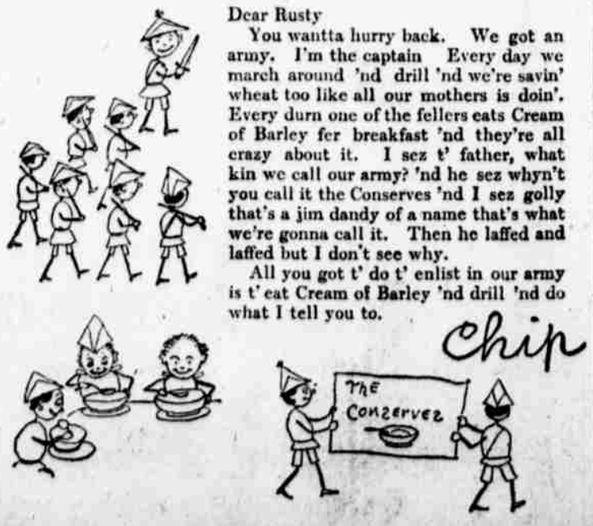
The war gardens will contain no flowers this summer. The school gardens will raise a limited supply, however, as Miss Miller believes some beauty is necessary to offset the grim horrors and reality of war.

All cultivators of war gardens will be required to register. A metal tag will then be issued to them bearing a number. Whenever the vacant-lot gardener wants to gather any of his crops he will be required to wear this tag. Any one taking vegetables from a garden without such an identification tag will be immediately arrested. It is hoped thus to stop many of the depredations.

One vegetable not widely known in this part of the country will be grown extensively this summer, according to Miss Miller. This is the Chinese radish. It is very similar to a turnip and can be cooked in much the same way. It should not be planted until late in the spring. It grows very rapidly and is easy of cultivation.

TETLEY'S TEA
India Ceylon
Today Purity
Tomorrow Quality
Always Strength
ONE LITTLE TEASPOONFUL MAKES TWO CUPS

CHIP of Cobb's Hollow
—his letters



Dear Rusty
You wantta hurry back. We got an army. I'm the captain Every day we march around 'nd drill 'nd we're savin' wheat too like all our mothers is doin'. Every durn one of the fellers eats Cream of Barley fer breakfast 'nd they're all crazy about it. I sez t' father, what kin we call our army? 'nd he sez whyn't you call it the Conserves 'nd I sez golly that's a jim dandy of a name that's what we're gonna call it. Then he laffed and laffed but I don't see why.
All you got t' do t' enlist in our army is t' eat Cream of Barley 'nd drill 'nd do what I tell you to.
Chip

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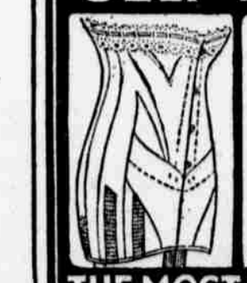

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