

UNCLE SAM'S NATIONAL THRIFT PARTNER—WAR ECONOMY BY AN ENGLISH HOUSEWIFE

OUT A CERTAIN BARGAIN SALE; JUST SO MUCH TO EACH CUSTOMER

Uncle Sam is Back of the Counter Selling Thrift Stamps—You Can't Buy All You Want, So Hurry and Buy What You Can

WOMEN on the whole do not seem to realize Uncle Sam is turning out a great bargain when he lays his thrifty stamps and his war-savings stamps on the counter. Many are buying them for patriotic sake, but there's a bread-and-butter side to this war savings plan that it seems a shame for any one to miss.

The best proofs these stamps are a bargain is that Uncle Sam limits the purchase of them. That is, you can't buy all you want to. He won't sell any more than a thousand dollars' worth to any one buyer. You may not think this limitation affects you; you are sure you could never buy a thousand dollars' worth. One hundred dollars' worth, what the Government would like the head of every household to hold, you know is your limit. But it does affect you. If this limitation wasn't set you probably wouldn't be able to get ten dollars' worth, not even five.

There isn't much doubt that the moneyed men of the country would soon take all the two billion dollar war-savings stamp issue if they could. A capitalist knows a good thing when he sees it. That's the reason he's a capitalist. These are the things the moneyed man takes into account; the payment of the interest and the return of the principal of these stamps are guaranteed by the honor and resources of this nation, and the interest rate is 4 per cent compounded four times a year. No other investment of the moneyed man's money could be quite so attractive as this!

Uncle Sam, however, has method in his bargain sale. He wants millions of Americans to be his baby-bondholders. It is everybody's war!

WOMAN has a way with her. When no one else in the house can save, she can. Mother is always coming out

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper, and signed with the name of the writer. Special queries like those which are answered here are referred to the author if possible. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

1. How much meal sugar should be used in substituting this commodity for the white sugar called for in a recipe? 2. How can a coffee card be of service in making cake? 3. What recent device has appeared on the market that is said to be a better coffee maker than the old-fashioned one?

1. The quality of seeds sown to be tested before planting by the use of a special paper. 2. The quality of seeds sown to be tested before planting by the use of a special paper. 3. The quality of seeds sown to be tested before planting by the use of a special paper.

1. What famous medical school for women students opened its doors in New York City? 2. How can the tan jersey blouse be smartly dressed with color? 3. How is the engagement of the girl who is an orphan correctly announced?

1. Madam Adams, or Juliette Lambert, is a political leader, an ardent socialist and a great believer in great professions. 2. A betrothal ring has the same significance as a plain diamond. 3. The newest women's sweaters show purring on the shoulder.

Dear Madam—Will you kindly tell me whether there really are any farms in Pennsylvania? Now Jersey is a good one. If you could tell me where I could get a farm, I would be very much obliged. I have never worked before and have no idea what could be done. I suggest anything.

Dear Madam—Kindly give me a recipe for bread and rolls made out of mashed potatoes. Mash enough potatoes to make two loaves and while they are lukewarm add one-quarter cupful of milk, one-half teaspoon of salt, one-half cupful of sugar, a cupful of warm water and a tablespoonful of yeast. Knead again when it is light and make into a loaf. Bake in a moderate oven for about 45 minutes.

Dear Madam—Will you kindly tell me how these straws are made from leftover bits of country? READER.

Roll these trimmings into a thin sheet that will stretch and grate cheese and butter. Then fold into four layers and roll in ice to chill. Then cut into long strips and bake in hot oven for about 15 minutes.

Dear Madam—Is it from the Government that I can save the tax as well as the money on my table, but have heard that it is not so? I am sure you would appreciate reading my letter. MRS. S.

The office of the Shut-In Society are at 1312 Chestnut street. The address of the Shut-In Society is 245 South Sixteenth street. Late through the office and used up the names we had on file. I am sure, however, some of our readers who have never appeared to us would be thankful to take advantage of this offer of reading. I will forward their names when you inform them. Thank you for your kind offer.

Dear Madam—Please give me the address of a good book in Philadelphia, perhaps you may be able to give the address of some poor person who would appreciate reading my letter. MRS. S.

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ENGLISHWOMAN SHOWS HOW WAR ECONOMY PROBLEM WAS MET AND SOLVED BY MEMBERS OF HER SEX

Miss Florence Bird, of Hertfordshire, Portrays Methods by Which Difficulties Were Conquered

Many Practical Forms of Saving in the Household Explained by One Who Proved Their Value

TO THE average American woman just beginning to open her eyes to the fact that war means an endless round of petty sacrifices, an outline of the English woman's wartime economy becomes of vital interest. We hear many inspiring stories of the women who have locked their front doors and gone forth to war industry. But the most must be homes in England. How has war made itself felt in them?

The EVENING PUBLIC LEDGER is pleased to print the outline appearing below, which goes into the matter. It was written by an Englishwoman, Miss Florence Bird, of Hertfordshire, Hertfordshire, England. Miss Bird has been prominently identified with women's work to her country since the war began. She organized and headed a committee of the Women's Reserve Corps that arranged for the moving of an entire town in the event of the bombardment of the English coast by the enemy. It is interesting to know the manuscript of this compact little article came straight from the British Isles tied with a bit of white yarn—to save the paper clip!

WOMEN SOLVE PROBLEM

Miss Bird writes: No general scheme from outside, from the food controller downward, would suffice; detail was imperative, certainly for us women, and to be dealt with and mastered without more ado. In its application to every one the situation was new for this generation; there was no precedent to fall back upon; we simply learned as we went along, starting from the home. To instance an upper middle-class home, the heaviest items of household expense are these:

(1) Coal, (2) Food, (3) Laundry. How reduce on these? First, Coal. Use up small coal and dust by sprinkling upon them one tablespoonful of common salt dissolved in one-half pint of water (to every quart of coal). This binds the coal dust and gives good heat.

Allow no late baths dependent upon the kitchen fire. During summer allow at one or two uncooked meals per week, and cold suppers. Griddle cooking, for cakes, is economical, since no oven-heating is required; the top of the fire, gas-ring, or paraffin stove, will supply the necessary heat.

Second, Food must be plainly cooked; side dishes few; quality rather than quantity the rule. Margarine to be used for cooking, not butter. Fewer sweet sauces. No alcoholic drinks.

Third, Dishes served before meal, less of the latter will be taken. Bread waste to be controlled. Potatoes boiled in their skins retain their full value. All vegetable parings, of onions (but not the outermost of these), turnips, carrots, potatoes and young green-pea pods, can be turned to account. Boiled down, they make a good foundation for soups, and with the addition of lentils or even rice, and eaten with bread, constitute a nourishing, cheap dish for the poor.

In the opinion of Doctor Hutchinson, the food authority, the great value of skimmed milk in the diet of those to whom economy is of importance cannot be overestimated. Not suitable for infants, it is yet highly nutritious for older children and adults, and contains all the body-building material of the whole milk—sugar and salts, minus only its fat. In body-building material, one pint of skimmed milk is equal to one-quarter of a pound of meat.

Many people find it economical to make their own bread, and wheaten flour may be asked out with barley flour, maize flour, rice flour or oatmeal. Latterly sugar shortage has further complicated the food question, but among substitutes condensed milk will effectively sweeten porridge, coffee, cocoa, etc., milk puddings; and less fresh milk is needed.

In jam-making, run honey is an economy; one pound of it doing the work of three pounds of sugar. Another recipe said to be successful is one teaspoonful of salt (preservative) to every four pounds of jam. This reduces the quantity of sugar required. To give an exhaustive list of food economies would be impossible. The above is suggested merely.

It would be helpful to every housewife to keep a book in which she enters practical war economies properly arranged, say, in alphabetical order, and headed. Newspapers often contain suggestions and to insert clippings saves time. She would realize that what seem negligible items soon would give a big sum total.

Laundry. Large tablecloths are unnecessary; the size of the table is sufficient. If usage permit and there are no stains, tablecloths may be dampened down and ironed at end of the first week and thus made to last a fortnight.

All short window blinds, toilet covers, afternoon tea-cloths, bloused faces and light things may be laundered at home, as well as kitchen cloths, dusters, etc. Soft collars may often be worn in place of stiff ones, but most things can be starched with the water rice is boiled in. The things must be first dried and the rice-water used before it is cold. In England laundry prices have gone up 25 per cent.

Small household economies are endless. To single out a few: First, Bars of soap should be cut into cakes and these stacked. In this form they dry more quickly if put for an hour or two on the kitchen rack. Soap when matured lasts longer and does its work better.

Second, Soap must not be thrown into the pail when scrubbing floors, etc. Third, Delicate china, when not greasy, is better washed without soap or soda; any color or design is not improved by these.

Fourth, Spills made from old letters save matches, which are now three times as dear as they were before the war, and will, "they say," in the near future, be difficult to get.

Fifth, A night light will often suffice to go to bed by, and obviate the danger of being fined for showing too much light.

Sixth, Paper is scarce, and for short notes letter cards are useful, saving of envelopes and private. In my house all paper is sorted and stored. In some places vans collect daily. My tips are also kept as of possible use to Government.

Seventh, All odds and ends of soft white material may be washed, ironed, cut very small and put into clean, thin covers for spirit pads; or to make small pillows for a wounded limb to rest upon.

DRESS AND OTHER ECONOMIES As regards economy in dress, this can be disposed of in few words. According to occupation, abstain from what is unnecessary. Fitness, above all in wartime, has an attraction of its own.



MISS FLORENCE BIRD

part of the year a deeply dug pit will contain all the vegetable refuse of the garden with sprinkling of soil, and all the residue of bonfires. In summer this becomes a marrow bed. Mind, this application to every one the situation was new for this generation; there was no precedent to fall back upon; we simply learned as we went along, starting from the home.

Fourth, Broad beans, after the first crop, may be cut down by half when they flower again and produce a second crop.

Fifth, I am growing sugar-beet, one or two rows. Boiled to a pulp and added to stewed fruit or jam less fruit is needed, and no sugar with very sweet fruits (a little only with others), provided that the jam is well boiled and not kept too long. The proportion of pulp to fruit varies from one-half to two-thirds. The mixture must be boiled until it sets and then dried while hot and made perfectly airtight, or the jam will not keep. Sugar-beet, if stored until the following year, becomes richer in sugar.

Sixth, Fruit bottling without sugar is being extensively done and with fruit, vegetables and grain thousands of additional acres are now under cultivation. It was interesting in springtime, when going from one part of the country to another, to see what numberless allotments had sprung into being even all along the railways, and were worked by white-headed men and women, as well as the merest children.

Seventh, Medicinal herbs have been collected; common ones, like foxglove and dandelion (digitals and taraxacum) and herb gardens are talked of, possibly have been started.

In infant life economy much is being done. We are building up the race to defeat that arch-enemy, the Hun, at home and abroad.

At least the great war more and more develops its adaptability and resourcefulness, while it shows up badly our previous ignorance and blind waste—we knew not at all what stuff we were made of!

Tomorrow's War Menu

The tested recipe for any dish mentioned here can be forwarded upon receipt of a self-addressed envelope.

BREAKFAST (Wheatless) Baked Bananas, Oatmeal Health Bread Creamed Pinpan Haddock

LUNCHEON (Meatless) Eggs Scalloped with Potatoes Buckwheat Cookies Fruit

DINNER Mexican Meat Pie Baked Sweet Potatoes Stewed Tomatoes Chocolate Cornstarch

MEXICAN MEAT PIE Tub a baking-dish with saucy dripping of cooled cornmeal mush. Fill the hollow center with slices of clipped left-over cooked meat, well mixed with a thick, well-seasoned tomato sauce. Top with a layer of mush spread smooth with a knife dipped in hot water, dot with saucy drippings and bake half an hour in a moderate oven.—Fictorial Review.

FATIGUE DUE TO A POISON

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, or prognosis given on health, will be promptly answered if postage is enclosed.

By J. H. KELLOGG, M. D., LL. D. THE secret of fatigue is to be found in the cell, the tiny, microscopical bit of matter that forms the unit of the human body.

A cell through its activity consumes itself, just as a battery uses up the elements of which it is composed. To so great a degree is this true that the exhausted cell is diminished in size from the rested cell.

The nerve cell that has used up its store of energy so that its output is very small, or has ceased altogether, is in a state of partial or complete exhaustion.

When fatigue is the result of work, rest is demanded. If one continues to work when tired a wasteful expenditure of energy occurs. A German physician, Dr. Zuntz, showed a few years ago that when one is fatigued the amount of energy required for the performance of a given task is greatly increased.

For example, if one is walking at the rate of three miles an hour expends seventy-five units of energy for each mile when fresh, after walking for some time and becoming fatigued energy expended for each mile will be ninety calories, or even more.

The explanation of this increased energy expenditure is found in the fact that when one becomes tired he performs a larger number of impulses per forming the same work than when fresh. In laboratory experiments to determine the nature of fatigue it has been found that an exhausted muscle may be completely rested simply by washing it. This shows that the exhausted muscle contains some element the removal of which restores the ability of the muscle to work.

It has been shown, also, that if the muscles of the legs are worked to the extent of exhaustion the arms also become tired, even though the arms take no part in the work. Professor Rankle found that an extract prepared from exhausted frog muscles produced fatigue when introduced into the circulation of fresh muscles.

These experiments have led to the conclusion that there are certain poisons that result from the activities of the cell, which have been termed the "fatigue poisons." These fatigue poisons lessen the cell's working power.

There are two forms of fatigue. First is the natural fatigue, or the first kind, is an acute condition, but the "tired feeling" of the neurasthenic is a chronic condition and an unnatural state that no amount of rest will cure.

Second form of fatigue, however, are the "fatigue poisons," which are a nerve center known as the "fatigue center." When work is performed poisons accumulate in the tissues, and when in a sufficient degree they excite the fatigue center and thus call attention to the fact that the body requires rest.

These poisons are known as fatigue poisons. Proper rest, especially if accompanied by sleep, quickly relieves fatigue by giving the blood an opportunity to wash out poisons from the tissues and also the liver and kidneys to destroy and remove them.

The poisons that give rise to chronic fatigue are the result of the putrefaction of undigested and unused foodstuffs in the colon, and particularly undigested remnants of flesh food. This explains why one feels languid and tired when one has not eaten for some time. It is also the cause of the great exhaustion and weakness in a person suffering from diarrhea, or looseness of the bowels.

Neurasthenics are often continually tired, frequently to the point of exhaustion, when they have done no work. In such cases the fatigue is due to the poisons resulting from chronic colitis or other infections of the colon.

Constipation is a much more common cause of fatigue than is overwork. Many neurasthenic business men imagine that they are being worn out by business cares and labors, because they are tired, whereas the real cause of exhaustion is an overloaded condition of the colon.

What will reduce a fat abdomen? How to reduce a fat abdomen? What will reduce a fat abdomen?

Sawing wood. This is a capital exercise, something that will make the abdominal muscles work. Or one may lie on the back and raise the legs to vertical 150 times a day. The next best thing is to lie on the back and raise the head far enough to see the feet for a considerable number of times daily. This will contract the abdominal muscles and make them work. This part of the body gets fat because the muscles are so little used. Work uses up fat as fuel. Fat accumulates where there is deficient activity, so the main thing to do is to make that part of the body work. Swimming is a good exercise for that purpose.

Colic What will relieve an intense pain caused by spasms in the stomach or abdomen? The best measures are the hot enema and the fomentations. The hot full bath.

MECHANOTHERAPY Certain forms of passive exercise may be administered by machinery far more effectively than by the hand. This is particularly true of vibratory exercise. The rapid, steady and prolonged vibratory movements which can be administered by machinery cannot be approximated in efficiency by the human hand. Certain leading and percussion movements may be administered more effectively by mechanical means than by the manual method. Mechanical vibration, kneading and shaking movements are the most effective forms of mechanotherapy. (Copyright)

Editorials for Women by Women

SO-CALLED SLACKER MARRIAGES

By MYRTLE ADAMS JELLIFFE, Bride of a Man Within the Draft Age

WHEN a couple have been engaged for some time and the date of their marriage has been announced to their friends a year previously, as June, 1917, I consider that their marriage is a natural one and not one contracted to avoid military duty.

At the time of my marriage I consulted the war information bureau of two of the leading New York papers, and being informed that marriage would not exempt a man I went ahead with the arrangements for the wedding, knowing that when the call came for my husband he would be willing to do his duty and that I would want him to do whatever his country needed of him. I have known many instances of the same circumstances and yet all such marriages seem to come under the term "slacker."

Of course, we have all read of the rush to the marriage license bureau immediately after the declaration of war and couples have even admitted that it was with the intention of keeping the man from military duty. These are decidedly slacker marriages, but it would be a hard task to separate the two. A couple thus entering the state of matrimony certainly could not be looking forward to a long and peaceful married life, but one from which the husband would be as anxious to get away from the call to the colors. A man who could be led to the altar on that basis certainly has no patriotism, as I dare say, Uncle Sam is better off without him in the army. It shows a decided lack of principle and character and would be likely to lower the morale of our wonderful fighting men.

Love and respect go hand in hand, and one cannot exist long without the other. With one of the foundations of a happy married life toppling, or about to do so, at the time of marriage, the house of happiness will surely come falling about them before long. A girl may be so blinded with love that she does not stop to analyze the situation until it is too late; but when the realization comes she can scarcely be expected to expect her husband. On the other hand, it may be the girl's fault. She may have pleaded with her fiance to try to escape military duty. Sooner later he is going to feel the call—his blood, like the blood of all real men, is going to tingle with patriotism and the marriage ties are going to chafe.

I know this to be a fact in one case. A couple rushed into marriage without thinking. But soon the realization came to them. They were both ashamed. It was not that they did not care as much for each other, but there was always that shadow between them. It is gone now however; for he is training in the aviation corps and she is a member of hospital unit. This, I think, an unusual case, however, for they just happened to have real love back of their rash deed, and it is not often found in "slacker" marriages.

My marriage was just a natural one, however, the unfortunate part being that our wedding date was announced for June 7, 31 after the declaration of war. My husband is in the draft and, like thousands of patriotic American men, he is simply waiting until Uncle Sam is ready to train him for "overseas" duty.

Myrtle Adams Jelliffe

is sometimes necessary. The most obstinate cases are those in which the iliopectineal valve is incompetent. Such cases sometimes require an operation for repair of the valve.

Mechanotherapy What is mechanotherapy? N. T. Z. Certain forms of passive exercise may be administered by machinery far more effectively than by the hand. This is particularly true of vibratory exercise. The rapid, steady and prolonged vibratory movements which can be administered by machinery cannot be approximated in efficiency by the human hand. Certain leading and percussion movements may be administered more effectively by mechanical means than by the manual method. Mechanical vibration, kneading and shaking movements are the most effective forms of mechanotherapy. (Copyright)

IN THE MOMENT'S MODES

Shetland Wool Sweater in Flame Color

Flame color Shetland wool has gone into the fashioning of this hand-knit sweater. The pleum is in stripes of plain stitch and purling, making it fit snugly about the hips. There is a deep sailor collar, and the sleeve, collar and waistline ties are of the wool, self-tasseled.



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