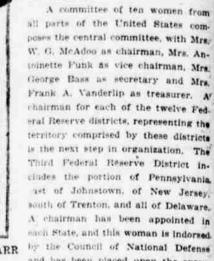
CALLS UPON HER WOMEN TO HELP FINANCE STRUGGLE FOR LIBERTY AND DEMOCRACY Editorials for Women by Women SUGGESTING A FEW OF THE JOBS NOW OPEN TO WOMEN RY, PLEASE, MORE CLOTHES DESK WORKERS THE WOMAN'S LIBERTY LOAN CAMPAIGN **OR THOSE BABIES OVER THERE** AND THEIR DIET By SARAH LOGAN WISTER STARR Advise on presentice wednelse usif he press by Doctor Kelloop is this col-umn daily but in so case will independent or treatment of allocate he attempted presson queers on health will be promptly guaracered if postage is inclused. Chairman, Woman's Committee, Third Federal Reserve District a la a War Work for the Tied-at-Home

THE organization of the Woman's Liberty Loan Committee, from its central source, which is the Treasury Department at Washington, is worked

out in every detail forming a network covering the entire territory com-prising the United States, in an effort to interest every citizen of our country a in the raising of the next great loan of \$6,000,000,000 which the Government person doing muscular labor from 2500 purposes doing. to 3500 calories. This means that the

Never before in the history of the country has a woman's committee of such importance or with such powers

existed. Appointed by the Secretary of the Treasury and directly account. able to him for its acts, it has its head. quarters in the Treasury Building at Washington.



Should be gotten down to projection of the process of cut-this will be also upplished, as we pointed out above, by the mere process of cut-ting out the merit and eggs and other protein foods from the dietary without substituting enroshydrate foods and fats. In States whose territory is divided by two or more Federal Reserve

In states whose territory is divided by two or more Federal Reserve when one wishes to reduce the weight considerably it is advisable to eliminate all aweets and all fats, except a small serving of builter at each meal and the district, which is that of the Third Federal Bescribing our own district, which is that of the Third Federal Reserve, with its reserve bank A scientific seving program of this had will bring into greater promised that that year the vegetable and cereals that nature bestows upon us so bountifully. Cieveland, has supervision of State work. Although the work of the men's and women's Liberty Lean committees is closely affiliated, they are two separate organizations, the great difference being that the women are organized with the State as the unit, whereas the men use the Federal Reserve District

Mrs. J. O. Miller's vice chairman for the State has not as yet been selected. This lady, under Mrs. Miller's direction, will have charge of the territory in the Third Federal Reserve District. Mrs. H. Otto Wittpenn, of Newark, Never have the score of vertices of the changes for even untrained women is with the changes for even untrained women is with the changes for even untrained women is work. Solution is were thirty-duits street. National Americanization Committee, the were thirty-duits street, and National Americanization Committee, the were the changes for even untrained women is a state training is essential for efficiency today. The war has brough indexed with the federation, by Wey F, the base is which a portice of the potato have trained to find the statement and physical ability, will determine here were the trained and physical ability, will determine here were the trained to find the statement of the woman is considerable unount of adalte and must be appointed in every county. She in turn is responsible for the organization in each city in her county, and the chairman of each city and town is according to find the potential for the organization of the woman power of her community. Mrs. and water S. Thompson is in charge of Philadelphia County, which county has the equal to find the potential for the organization of the woman's Committee of the Third Federal Reserve District. In this comprehensive plan organizations of women are asked to indore the work of the Woman's Liberty Loan Committee at their regular meetings. of potatos contain printo points and options N. J. is chairman of the State of New Jersey, although residing in the Sec-of potatos contain printo points. N. J. is chairman of the State of New Jersey, although residing in the Sec-ond Fesleral Reserve District, and has placed Miss Anne McIlvaine, of Tren-

placing on their minutes wherever possible their desire to co-operate. The result of such action to be forwarded to' the woman's headquarters in the Lincoln Building, where, in turn, it will be placed in the hands of the committee in the city or State nearest to their residence and due publicity given to their patriotic action. There is much work to do. We need the help of all, and it is my hope that thousands of women will respond to their counyox with both of try's call and will write to the headquarters signifying their willingness to assist.

The great advantage to be derived from a well-thought-out and organized plan of campaign must favorably impress all who give this matter consideration. The raising of the loan is of vital importance to every individual, and it must therefore be that individual's duty to be engaged in some

Old Friends CARRY ME BACK TO OLD VIRGINNY Carry me back to Old Virginny. There's where the cotton and 't grow, There's where the birds warble sweet in the springtime. There's where the old darky's heart am long'd to go: There's where I labored so hard for old Massa. Day after day in the field of yellow corn. No place on earth do I love more sin-

Than Old Virginny, the State where I was born. ar, because I feel so guilty as any store. The layettes must be either

in pale pink and white or pale blue and white.

oman-The Red Cross Wants Layettes

for Future Citizens of France

a parkless day. No park, a, and or other park prod-be served. One meal to-be wheatless and apother

comes a letter that pre-

cause my three little boys

it to do my part in this great yo the writer. "I have given

bables. I have not worked in

nd how impossible it is for

little mischlefs on my

Cross room because you can

go out for any length of time

AI do not know how to knit.

I can new. Please do suggest

se is there for me to do at

bome woman.

war-work problem of

RE is a very fascinating, ready- Following is a brief outline of what car answer all waiting for the they should contain: Two dreases made of this letter and all women of good quality daisy cloth or outing and themselves situated as she flannel; one jacket of daisy cloth, outat them make baby clothes for the ing flannel, knitted or crocheted; three over there. The American Red fiannel waists or brassieres, three mushas taken under its great big iin ones; one cape with bood, made of the thousands of bits of human pink or blue heavy daisy cloth flanat belong to the refugees sent nel or good quality outing finnel, or out of range of the firing line. substitute for the cape a wrapping our great relief organization is blanket or knitted or crocheted blank a very urgent appeal for et one yard square; two pairs of knit es for them. ted, crocheted or flannel bootees; two

w is a war work of supreme swaddling cloths or blankets, three that can be done entirely in white flannel binders, twenty-eight inches long and six inches wide, un

An official pattern for all the little hemmed, rolled tightly and fastened ats in the layette except such with three or four safety pins; twelve ders, etc., can be obtained from diapers, white diaper cloth, twenty Red Cross chapter or from one to twenty-two inches wide and thirtythe pattern companies. As you six inches long; three undershirts of imagine, the layettes call for no woven wool and cotton long sleeves; a The materials used and plain knitted or crocheted bonnet of pale sewing are, however, pre-emi- pink or blue worsted and a bag of important. he materials are not furnished by Further information about these lay

Red Cross, as they are such stand- ettes can be obtained by writing to as can be procured in almost the woman's page editor.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and spaced with the name of the writer. Special queries like those pieces they are multed. It is understood that the deltor does not necessarily inderse the semim-site of the second state of the second state of the second state of the second state of the State of State State of the second state of the second state of the second state of the State of State State of the second state of th

TODAY'S INQUIRIES

Now much corn syrup should be substi-tuted for the white sugar called for in mitted to the practice of law? to much cere as role and realied for in toted for the white sugar called for in a recipe? Who is Frances Keller? Who is Frances Keller?

there is an invalid to be considered, te or store?

ANSWERS TO YESTERDAY'S INQUIRIES

and a half tablespeenfuls of maple by and a half tablespeenfuls of maple by and a half tablespeenfuls of maple inter for in a recipe. and for in a recipe. and for an he used to scrape a tablespeenful a scrape a

alling card can be used to scrape a the batter from the cake howl. It is the than the ordinary sports.

als maintener to be attached to the main heat radiator has excently made to appearance on the merket 16 begon to appearance on the merket 16 begon to appearance on the merket 16 begon to account on the attached to a to account on the attached to a to account on wall paper and

m Cups and Creamed Salmon

a Ration of Woman's Page: The Ration of Woma

sundries, such as safety pins, etc. Salmage

Eruit Cup

The tan jersey sports blouse can be smart-by livened with red wool embroidery and a black patent leather belt. and a black patent leather belt. 3. The entrastement of the sirl who is an orphan can be correctly announced by her guardian or a close relative. If none of these is available, the simple statement in the sorial columns that "the entastement of Miss Jane Smith to Mr. John Jones is announced" is suf-Beieut.



SHE MIGHT HAVE A LITTLE TROUBLE MAKING HER TRAFFIC MOVE ON

Tomorrow's War Menu The recipe for any dish mentioned ro will be sent upon receipt of a self-dressed stamped envelope.

BREAKFAST (Wheatless)

Baked Apples Spider Corn Bread Coffee DINNER A Brown Friensse of Clicken Comment fumplings Corn Fritters Jellied Beet and Bean Salad Soft Honey Cake Coffee

SUPPER (Meatless) Saimon Cite

nen.

Recruits
READING, Pa., March 2.—Four camps
to have gone to war.
Recruits
READING, Pa., March 2.—Four camps
to have gone to war.
WOMEN AS BANK CLERKS
WOMEN AS BANK CLERKS
WOMEN AS BANK CLERKS
That lay by Heward of Methows require women in their door to
the farm aloo and officing in the camps.
Fits applications are in and 125 or
more workers are wanted. The boys
will be sent to State College for three weeks training.
NODES
Silk Coat of Bordered
Shantung
Work in the market grant fields. New Jerrets
MODES
Silk Coat of Bordered
Shantung
Work in the market grant fields. New Jerrets
MODES

Demand Exceeds the Supply $N^{\rm EVER}_{\rm opportunity for women in while rar <math display="inline">\left| {\scriptstyle {\rm will yield} \atop {\rm work} } \right|$

ANY WOMAN CAN BECOME A PUBLIC SPEAKER

A BROADER FIELD THAN EVER

Many Kinds of Work Hitherto Done Only by Men Are

Now Being Performed by Women, and the

WOMEN IN BUSINESS NOW HAVE

The sugar of sorghum is cane sugar differe only from other ratio sugar the part that it is associated with her substances which impart a peculiar Potato Skins and Sprouts

What is serulate survey

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

THE total amount of food necessary

I for a person doing sedentary work in from 2000 to 2500 calories-for a

to 3500 calories. This means that the desk worker needs scarcely more than 200 calories of protein-but, as a matter of fact, must people, even those who

keep the ration down to the proper limits, take from 500 to 500 of the total

2000 calories in the form of proteins, which means that the body is not get-ting enough fats and carbohydrates.

Obviously, then, the place to begin cuting down our ration is among the proteins. Commence in the meats -we have heard during the last few weeks

about a meating day-let us have seven of them a week. Eggs, except as they are necessary in combination with ealands and other dishes, may also be omitted.

and other dishes, may also be omitted. One schose diet is restricted to barely the animum of food recessary—ray 2010 raiories—should add to his diet an amount of carbonydrate food and fat-equivalent to the amount of protein food which he removes from his ration. Following this plan will effect a very considerable saving, for the foods which contain protein are the most expensive among our staple foods. And the re-duction of our ration will be in the high-

duction of our ration will be in decideration. Then there is a further consideration. Most people doing sedentary work are onting fur beyond their 2009 to 2509 calories. It is safe to say that the aver-calories it is safe to say that the aver-

summal quantities used in someoning

QUESTIONS AND ANSWERS

Sorghum

Bruit Page
 BELLIND BEET AND BEAN SALAD
 BELLIND BEET AND BEAN SALAD
 Bean and add be sense in motory to many
 I candyd dleed beets.
 I candyd dleed beets.
 I candyd dleed beets.
 I candyd dleed beets.
 I candyd alced beet

chiprice is suit to say the tree food than his system needs. That is an abso-lute loss. The reduction in these cases should embrace all three of the 'com-bustible' elements; the protein supply should be gotten down to proportion SARAH LOGAN WISTER STARR

In States whose territory is divided by two or more Federal Reserve

way or other with the making possible of this gigantic task. It may not

JELLIED BEET AND BEAN SALAD

meet fashionable hornes in the city eraons used a spoon and some support the cups. Which was correct? will you please give me a good for creamed salmoot? M. C. W. a correct to take the first few of bouilton from the cup with the n spoon, which is provided for that withen take the cup by the handle ink from it as you would coffee or aking perhaps a little less at a and, of course, setting the cup between times. The salmon into small pleces and til tender in alightly salted water. from the stove and drain off the waving any bits of soft bone and ul of the water.

dy for Church Supper

es will be miatled.

e a Country Fair, Too!

Paneltry Panel nem's Panel procession of the second second procession of the second second second procession of the second second second the second second

的自己

To the Editor of Womun's Page: To the Editor of Womun's Page: The targetner a tablespoonful each of and hour. Crush the salmon bones and mus into the cupful of water in the nah was boiled and which a the flash was boiled and which the solution of the salm the salmon bones and mix into the cupful of water in the solution of the salm the salmon bones and mix into the cupful of water in the solution of the salm the salmon bones and mix into the cupful of water in the flash was boiled and which a the flash was boiled and thick a tream to which a pinch of baking the flash and cool. Pour this dressing the flash and cool together for about or four minutes. matce may be made estra delicate the flash and cook shrimps chopped the flash and cook together for about to four minutes. matce may be made and crushed the flast in the result of be considered by a young unmarried girl.

Government Position for Translator

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Liable to British Draft

Liable to British Draft To the Editor of Womm's Page: The Addam-I was berr in England. but have never taken out my citizenship papers in this country. Last September I was drafted and went to Camp Meade, but was discharged on account of my eves. I have never claimed exemption, sithough I am a married man. I have received notice from the British and Camadiat. recruiting office neutrying me of the train in regard to facting the men of either country between this country and England. The year of the that I am liable to be drafted by England as ince as I do not claim exemption from the service of this country. Please answer in the Evenner Praise Latour. Dailly READER

The the second s Here is a novel spring coat de-veloped from bordered shantung silk in natural color, with the border design in vivid tones. The closing is effected with huge white pearl buttons, and it is worth while noting that there are no pockets: ards and even in the grain fields. At

the beginning of the season the farm-ers treated with electricism feminine of-form of service, but before its close the woman had become a valuable agricul-tural asset in the farming section of those States,

SOME OTHER STATISTICS.

Statistics from Detroit show that with-n recent months the increase in woman wrvice in factories and workshops is dimost three times greater than that of

In reply to the question: "What can with women do other than knitting, conserv-ing food and giving voluntary service to the Red Cross? this answer has been

There is a large field of usefulness for the woman who wishes to serve her country in Americanizing men, women and children of foreign birth in this country, and every large city yields women's relief committees which are in need of workers. Good yolunteer war work can also be accomplished by arous-ing interest in the nation's war loans--its Liberty bonds and its war savings certificates and thrift stamps. Any woman with a gift for public speaking may become a "Four-Minute Speaker." Civilian relief for families whose men There is a large field of usefulness for Civilian relief for families whose men

Civilian relief for families whose men-have gone to war offers a large field for patriotic volunteer service. Financial aid may be provided, positions may be found for women dependents and nrac-theal service may be rendered mothers who are compelled to work in the ab-sence of their husbands. Child welfare work is a primary insurance of the country's welfare. The soldiers returning from battle will shortly offer an extensive field for relief

The soldiers returning from battle will shortly offer an extensive field for relief work of patriotic American women. Thousands of crippled men must be re-constructed, and re-educated. Volunteer lay workers can do much for the physi-cal comfort of convalescents by giving massage, by helping the lame to walk, the deaf to hear and the blind to see, by reading, by entertaining and by per-forming other duties to help men who have given themselves to the nation's cause.

cause. For the patriotic American woman who wishes to do other work than knit-ting, conserving food and working through the Red Cross, the following or-ganizations and others of kindred nature

nuisance has come to be out glaring evils of city it experiments indicate that is financial loss which occurs

these States. For the city woman whose physical ability is her chief resource in kread-woman who is in demand in textile and have rough the context of the trained woman who is in demand in textile and have car cleaters, in which latter service they have proved themselves more satis-factory than the men they have sup-phanted. The phinove here are indicated with the female delivery wagon driver.

seted to the influence of a smoke-laden All Grease Badly Needed The Oklahoma State Council of De-**Raisins for Constipation** Are raising good for constipation? MYRTLE, fense urges that no grease be thrown into garbage pails, for it is needed for

MYIRTLE. Yes. Raisins soaked for twenty-four or forty-eight hours and eaten freely at meals are an efficient aid to bowel action. They are hardy equal to purple figs pre-bared in the same way. making soap and gunpowder. . It says that in many cities fully 4 per cent of

"Even the President Is Surrounded by Spies"

Entries in Ambassador Gerard's diary, written a year before America's entry into the war, prove that even then the German Secret Service

in the United States was on a war basis. Startling facts about the Prussian spy system, past and present, are contained in the installment of Mr. Gerard's new book appearing in the

UBLIC LEDGER TOMORROW MORNING



. be possible for every woman to subscribe to the of all to advocate it, talk in favor of it and encourage all who are engaged in the work of floating it.

The moral effect of an organized army of women, ready and willing to meet the nation's call, will to my mind, be the most effective weapon that can be placed in the hands of the President to aid him in the task he has set Asbestos as Iron Rest Many women do not know that assible same as suppursus and gas, athis gas and out a very small bat of the atmost at a very small bat of the atmost atmost at a very small bat of the atmost atm

Sarah Logan Weshi Stan

loan, but it is in the power