# IGHWAYS AND BYWAYS OF WOMEN'S ACTIVITIES—"BARBERETTES"—COLLEGE GIRL'S WAR WORK

## THAT A COLLEGE GIRL CAN DO TO SERVE HER COUNTRY'S CAUSE

Soldier's Wife Armed With Diploma Is Shown a Few Fields of Endeavor Particularly Suited to Her

Teday is a wheatless day. One colum-sized potato gives you as uch starch as two silces of breadat potatoes and serve your country.

IVEN a college graduate, perfectly healthy, perfectly willing to pay r expenses in war work, what can e do to serve her country? One ung woman, wife of a man who is on to be in the service, asks this

Here is her little letter which comes tly to the point:

I have a college education, and am perfectly healty. What opportunities are there for service in the United States and abroad, excluding nursing? I am willing to pay at least my expenses. My husband will soon be in the service and I would like to do something useful.

N. W.

With one cruel sweep we must ex-clude war work abroad from your field, N. W., because our Government ordains that American women mar-ried to members of our fighting forces be denied passports. In fact, all American women are denied passports unless if he proved their services are inless it be proved their services are

AND THE WOMAN'S EXCHANGE

THE WOMAN'S EXCHANGE

TO THE WOMAN'S EXCHANGE IN THE WOMAN'S EXC

## "The Spring Returns"

The Spring returns! What matters
then that War a beacon burns;
That Death ascends, man's most desired star;
That darkness is his hope? The
Spring returns!
Triumphant through the wider-arched
cope

cope comes, she comes, unto her She comes, she comes, unto her tyranny.
And at her coronation are set ope
The prisons of the mind and man is free!
The beggargarbed or overhent with snows.
Each morial long defeated, disallowed,
Feeling her touch grows stronger limbed, and knows
The purple on his shoulders and is proud.
The spring returns! O madness beyond sense.

beyond sense. Breed in our bones thine own omnipotence!
—Charles Leonard Moore.

unless it be proved their services are vitally necessary in some recognized war work on the other side. The organization at the back of this work must youch for this fact, of course.

You, however, with your splendid health, your college education and your willingness to pay expenses, will find plenty of work right here at home from which to choose.

TET us take up volunteer service first own expenses. In this the Red Cross and the Y. W. C. A. offer wide opportunities. In connection with the latter there is the hostess house work in the camps. There is an age qualification in regard to this, it is not found practicable to take girls under thirty. Possibly, however, an exception might be made in the case of a married woman. Women who will pay their own expenses, that is, their board, are partically of the presented on the campal sale of the work women can do. But I will summarize quickly here, and if you are interested to know the details of any work mentioned, I will be glad to tell you personally if you send a self-addressed stamped envelope. The penses, that is, their board, are particularly.

Addresses of Celebrities

To the Editor of Woman's Page:

## To Restore Color in Shirt

Editor of Woman's Page:

r Madam—Will you kindly inform me
th your exchange a proper tacthod of
aing a dark shot from a dark green
skirt caused by a bottle of aromatic
sof ammonia spilling on it? The ama seems either to have taken the color
a to have turned it into a signific
miss color. Thanking you in advance
your kindness. I remain you in advance
of the words of the hymn
OMrs.) G. A. P.

Mother Meet Fer in the Sky, etc., and the
name of the hymnal it is in:

READER. the Editor of Woman's Page:

sponging the skirt with a weak on of vinegar. This is very apt to the color back. However, if you hat it does not, it is rather because deohol in the spirits of ammonia estroyed the dye. In this case you touch the spot with some green dye of with a small Japanese paint

## From a Reader in Idaho

Madam-1 sm a froment reader of comm and I would like you to tell v to make dandelion vinegar. I have it is from these flowers and some of it sour, and I wondered if this could if for vinegar. Is there a quicker way tine vinegar than letting it stand for a year? Also, do you think tarragon improve the same as dandelion vinagon and the seed for the same?

A READER IN IDAHO.

To the Editor of Woman's Page:

Dear Madam—I would like to know about the following:

Does the girl have to be with the man to obtain a license for marriage in Eikton. Marylands get married directly after obtainment the license in the license in

## "NEXT! DON'T CROWD, GENTLEMEN"



## MODES

Thanking you in advance for your tracted . Sports Frock of White Crepe Satin



Here is a charming frock for street or sports wear. White crepe satin is the material that has gone into its making, the trimming being supplied by

## Retailers and Food Pledge

"I have patronized the same greeer for years," the provider for a large

for years, the provider for a large household was saying at a recent meeting on food conservation. But when he refused to sign the pledge card of the United States food administration I immediately decided to do my buying elsewhere."

Every member of the food administration should feel the same way. There are 350,000 retailers of food commodities in the United States and each of these is being asked to sign the following pledge and display it in some conspicuous place in his store: "To serve our country we have enlisted in the United States food administration. We pledge ourselves to give our customers the benefit of fair and moderate We pledge ourselves to give our cus-tomers the benefit of fair and moderate

prices, selling at no more than a reasonable profit above cost to us."

Most retailers are not only willing, but eager to do their part. And the milistration of the part of the part of the milistration of the part of the p

## DEEP BREATHING ADDS TO HEALTH

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

should be in the center.

The trunk is divided by a movable nuscular curtain, the disphragm—which moves to and fro with respiration, of the which moves to and free with respiration.
When air is taken into any part of the
trunk, the cavity is enlarged. The lower
part of the trunk must necessarily expand with the upper part. Normal
breathing is the means of rhythinically
compressing the viscera and so pumping the blood out of the large veins of the abdomen. At the same time, with each breath, the diaphragin descends and compresses the vincera as one might wring water out of a sponge. This move-ment of the viscera is necessary for

The disphragm is a primp; it pump air on one side and blood on the other. Breathing has an important relation to the circulation, for the movement of the diaphragm pumps the blood out of

## Hard Water for Drinking

tions of housewives throughout the country who have been glad and proud to sign the food administration pledge and display the card in their windows should now look for the pledge card in the groceries they patronize.



## Spring Millinery

W E present a most attractive and charming assemblage of models for Dress and Sport Wear.

OUR collection is representative of the best features of styles from the world's fashion centers.

RLAYLOCK & BLYNN, Inc 1528 Chestnut St.

Fura Stored, Altered and Repaired

HORSES, dogs and bables know how to breathe without instruction, but the majority of adults and even half-grown children are quite unacquainted with the art of correct breathing. In correct breathing the entire chest cavity a expanded. The chest is constructed in is expanded. The chest is constructed in such a way as to facilitate normal breathing. In the lower nart of the body we have the pelvis, which supports the form. At the upper part of the body are the collar bones, shoulder blades, ribs and breast bone. The verticinal behind form a support for the upper part of the trunk. In the middle portion of the trunk are the footing ribs. At this point there is great flexibility and opportunity for movement, so it is apparent that the greatest movement should be in the center.

## Editorial for Women Written by a Woman



There are about 1000 Camp Fire Girls There are about 1000 Camp Fire Girls in this city. There ought to be more. There are scores of girls anxious to join. The want is women to serve as guardians. If you love girls in their teens, if you believe in strengthening the bond between mothers and daughters and the home; if you have a sense of idealism and symbolism and a love for the great outdoors, you are a born the great outdoors, you are a born Guardian of the Fire.

## Meriain of Solve Chin

## Tomorrow's War Menu

EAT POTATOES! The rer'ne for any dish mentioned here will be a warded upon receipt of a self-addressed stamped envelope. BREAKFAST (Wheatless) Haked Prunes Corn Cerest Potata Waffles Corn Syrup Coffee

LUNCHEON Baked Bean Croquettes French Fried Potatoes Apple Sauce DINNER

Casserole of Lamb with Potato Noodles Lettuce Canned Peas Caramel Charlotte Russe

POTATO WAFFLES One cupful cold marked potators.

One cupful cid magned potatops.
One cupful milk.
Two egg yolks.
One teaspoonful melted fat
One-quarter cupful sugar.
One-quarter cupful sugar.
One-quarter cupful sugar.
One-duarter cupful sugar.
One-d

## and Morristown; nor have they offered that old mansion at Bell Mill road and the Wissahickon Creek for a week-end FOR OVERSEAS NURSES

Philadelphia Will Contribute to 5000 Quota Needed by June 1

Philadelphia has already opened in campaign to furnish its quota for the group of 5000 nurses that must be mustered by June 1 by the Red Cross chap-

ers throughout the country, Miss Susan Francis, director of nurs-Miss Susan Francis, director of nuring of the Pennsylvania division headquarters, with offices at Sixteenth and
Wainut Areet, will go to Washington
on Thursday to confer with Surgron
General Gorgas. She will ascertals
what part Philadelphia must play in the
campaign and get suggestions for the
two-and-a-half-month campaige.
This morning Miss Francis had not
completed her report to Red Cross leaders here as to what Philadelphia may la
able to do and what mark will be set
for the campaign.

able to do and what mark will be set for the campaign.

The Red Cross has already supplied nearly 7000 nurses, but of the \$0,000 to 20,000 registered nurses in the United States approximately 20,000 will be needed for service in army hospital during the year. Nurses that volunter will be eligible to participate in the army and navy insurance at nominal rates.

### "SHUT-IN" SALE OPENS TO CHEER SUFFERERS

In order to provide Easter cheer for eripples and "shut-in" sick children the Pennsylvania Branch of the Shut-in Society has started a two weeks sale of the articles these children has made. A store at 1728 Chestnut tree has been leased for the duration of the sale.

has been leased for the duration of the sale.

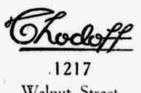
In the sale can be found many small useful articles. There are aprons, most dish cloths and dusters, treaty pothes of the fancy bables' caps, bedroom alpers and various other articles—all mostly these handicapped children. Many persons have obtained names of some of the "shut-ins" from the society and have promised to purchase the articles made by that child.

The sale opened at 8:39 o'clock this morning and will close shally at 6 yclock. This will continue for the next two weeks. It is hoped that all the "shut-ins" on the files of the society will be able to be given some form of Easter teken.

Opens Girls' Employment Aid Washington, March 11.—The open-ing of thirteen employment offices de-voted to obtaining positions for women and girls has been amounced by the United States employment service in

Washington. The divisions are in priscital cities and will handle all employ-ment except that for teachers, who are referred to the Chicago office for regis-

## Opening Spring Millinery March 11th, 12th, 13th



It is our intention to design hats that give true expression to the personality of the wearer. Imported models and our own exclusive creations - a most remarkable display of charming milli-



New Woman's Shop

Announces its formal Spring Opening for

## Today, Tomorrow, Wednesday

The decorators have done their work well and transformed the Woman's Section into a beautiful store.

We know the new surroundings will help our many friends to make their Easter selections with greater comfort. All the merchandise in the new Shop is as new as the

Department itself-Suits, Dresses, Coats, Blouses and Separate Skirts

in a profusion of new styles and colorful variety.