AMERICAN WOMEN MUST TRAIN FOR PAID WAR WORK-FOOD CONSERVATION WITH THE POO Tomorrow's War Menu

Mallments H. & totame.

WORRIES MAKE

BAD BEDFELLOW

THE KIND OF STORIES TO READ TO SPECIALLY BRIGHT BABIES

Their Intellects Developed by Same Sort Loved by All Infants-Nursery Rhymes on Records, Animal and Simpler Fairy Tales

Old Friends

RATHLEEN MAYOURNEEN

Oh, hast then forgotten how soon we

must sever?
Oh, hast then forgotten this day
we must part?
I may be for years and it may be

forever: the silent, then voice

of my heart? may be for years, and it may be

No beef or pork today and one

THIS is an answer to the mother of the bright baby girl two and a half years old who likes to hear stories. Mother is afraid she doesn't know just what kind of stories to tell to her amall inquiring daughter. Baby, it seems, is particularly bright for her are, and the idea is to tell the sort that will develop her little intellect. Whenever I think of babies and intellects a fragment of a little verse tonce read runs through my mind. "God never planned that men should be men as they came from His hand," It goes. THIS is an answer to the mother of

It goes.

And so let's start with the supposition that baby is just a baby after all.

And although she might be a little brighter than other small ones of her age, she will like the same things they do and the same things that will un-fold their reasoning powers to the best advantage will unfold hers that way too. In other words, it is a mis-

ANSWERS TO YESTE use of sugar or ayrup by adding ruising to it five or ten minutes before it is finished cooking.

The use of radiators in fireless cooking tends to destray the flavor of the fond because after being set away they retain their boiling temperature for at least a half hour. This continuous high heat destroys flavor. When radia tors are used it is best to see they are only moderately heated.

When there are no baby scales available, the problem of weighting baby can be soived by stepoing on the scales with him in arms and then weighing one's self without him. The difference is weight, of course, is baby's.

Letters of Thanks

and that I may be able then to tell you in person how beautiful I think your present is. Mr. — John me in kind regards to you and your family. Very cordially.

this would do:
Dear Mary — Jack and I were so
sased with the beautifut weiding
tention gift) gift you sent us. It was
at what we wanted and it was dear
you to think of it. Do drop in just
soon as you can. We'll be fixed very
on, but you need not wait for cereony. Your affectionate friend.
DOITOTHY

To Prepare Water Glass

To the Editor of Womon's Page:

Dear Madam—I but away in the spring about fifty to seventy dozen of ease. I have this water glass at the drug slore and it is very expensive when you use so much. How can I make that myself and what do tust?

(Mrs. JH. M.

St. Patrick's Night Supper

ANSWERS TO YESTERDAY'S INQUIRIES

Editorial for Women Written by a Woman



way too. In other words, it is a missingle to train buby to be a specifilet affect of the properties of the clear of the c

it is serious auditor further to urge mean the extremely hore people "food conservations." Let us therefore, clearly realize the limitations and its opportunities.

Throughout my eventy years extending the use of the same in asserting the poor—situation thrift and food conservation have been the first and food conservation have been the feating factors. We have embravered to train honsewives and nothous it ways that help them to help them selves. In fact, their training has been along the lines of making "something out of almost nothing."

The plant adonted by Mr. Hoover in using cervair, such on even, site, of the properties of the internal control of the superior of the super

mourishment our thoughts maturally turn to the children of today who will be the men and women of tomorrow. Provision unint be made for these by those who are observation of fond, applying a portion of the result of that conservation of the conservation of the lives of those who are needy. The economic solution merges into a moral heate the which our American women must have a great part. They have always arises to any emergency and they will surely meet this one. This patriotic duty rests upon the more fortunate of God's people, who have never experienced the panes of hunger.

Striking Distance of Manage. DEFINED BY ONE WHO HAS SEEN

of hunger.

Let us, therefore, out of loyalty to our country and love for humanity faithfully perform our duty and thus conserve in the truest sense of the word. Striking Picture of Necessities That Must Be Met by This Country Pre-

> WORK, concentration on a paid defi-W nite job was held forth today as the American woman's own way to win the war

sented by Nurse

The woman who drew this particular picture is not an idle talker or dreamer. She is Miss Miriam Clark Kane, a Philadelphia girl, lately arrived home from a hospital just behind the firing line; from the Lighthouse in Paris, where blinded By J. H. KELLOGG, M. D., LL., D. THE rest obtained by the regular soldiers much seem of the regular soldiers. soldiers are made to see with their

I hight's view does not yield its fall dividend to many women because of mervous tenders. Nothing is no damny line to proper sleep as the habit of taking the row women seed to proper sleep as the habit of taking one's worden to many women than smoon men. The best way for women and girls to win the war," said Mae Kane, who really belongs to 6514 Inheom drive, the proper sleep as the habit of taking one's worden than smoon men. The proper to work that is, getting a job that pars. Volunteer, such a fite and there are than stands of women who ere afford to volunteer, for a few maintee, but if the war should stretch out into years they will have not been presented to the mainteer for a few maintee, but if the war should stretch out into years they will have not been presented to from the work of the thousands of equally patriotic women about end with a few exercises that a should stretch out into years they will have to be recompensed for first fabora for doing in England.

The proper sleep does not yield its fall to win the war, said Mae Kane, who men the war, said Mae Kane, who can the war, said Mae Kane

Philadelphia girl who recently arrived home from a hospital just behind the firing line in

France. are 3000 noice away from you and it is hard to visualize the neute food prob-

lens there. To the French peasant bread

is the staff of life. Thousands and thousands of old men, women and chil-dren are existing on soup and bread.

what was used in it, but it made many people II."
When asked if the came home because the work had affected her nerves
Miss Kane laughingly admitted that she

had received an ultimatum from ber family and it was a case of have to come. "I hope to go buck again," she

Torn Hot-Water Bag

buy another immediately, but a piece of adhesive tape over the oreals, and sub-stitute hot sait instead of hot water, fastening as usual. Wrap the bag in a towel and it will hold heat for several hours. When you are tarough with 0, do not throw the sait away, but leave it in the bag, and on future occasions you will need only to poir the sait out into

After the hospital was abandoned Miss a pan and heat it, using the sait out English to the blinded men at the Lighthouse, the institution where Miss Winfred Hall is doing such remarkable work.

Letters of Thanks

To the Editor of Woman's Page:

Dear Madam—I am a young bride and en asking you to kindly publish on your youngn's Page a letter that would be sufficient to engage the sufficient to the blinded men at the lighthouse, the institution where Miss Winter engage diselect.

Approves baby Campaign

Approves Baby Cam

Fresident wrote. "I beg that you will convey my greetings to the congress and ope to be rich?" He answered. No. Figure 1 said. Do you ever hope to have a friend?" But he solemnly answered via friend?" But he solemnly answered No. not now; I only hope to work."

Fresident wrote. "I beg that you will convey my greetings to the congress will deep interest in the subjects they are to discuss, and my full recognition of their via limportance and conequence."

The congress will continue for two

"No, not now: I only hope to work."

"And now can I make my little appeal to the women," Miss Kane continued, to the women," Miss Kane continued, to the women," Miss Kane continued, the selegates will continue for two weeks. Before its close recommendation the women, "Miss Kane continue for two weeks. Before its close recommendation which the delegates discuss regarding reduction of infant mortality will be presented to the State authorise." tion, but after all France and the war ties.

Housekeepers' Alliance

Housekeepers' Alliance
The Housekeepers' Alliance was established in the city of Washington long before the war. It was educational in spirit. Conferences and study classes were held. Co-operation among home-makers as well as co-operation between employer and employs was advanced. In short, its aim was to promote welfare of and to contribute to better efficiency in the bome.

With the coming of war the Housekeepers' Alliance has become an alliance of housekeepers with its first effort directed against waste. Thrift is preached and practiced.

The matter of substitution in war cookery has been taken up by this organization. Demonstrations and talks are held in school kitchens every week. Valuable hints are here exchanged by the housewives themselves and trained cooking teachers bake the various kinds of war breads and show how other ingredients can be used to save the wheat, neet, fats and sugar needed to send abroad.

They extend their work also to the

abroad.

They extend their work also to the retailer. Effort is made to promote fair business dealings, including proper and henest weights and measures of food and supplies on the part of the re-

tailer.

To assist in the present campaign of the part of the United States food administration to save fats, the women of the alliance are taking it then thereselves to make an investigation among the butchers of their own teighborhood. Each woman has volunteered to interview a certain number of tradespeople in her particular locality as to what disposition they make of the animal fats, to urge that none be wasted, and so on.

in her particular locality as to what disposition they make of the animal fats, to urge that none he wasted, and so on.

Such organized effort to stand back of the food administration on the part of the homemakers of every community, whether it he a Housekeepers' Alicance or merely as thoround alliance of ioniciteners. Is tremendously effective in this warture guardianship of the matter than a few discounties of the internal constantly. — Wheatless of "Meatless Days."

"My Soldier"

"Now I hay me down to sleep.
I pray the Lord me send to heep.
God bless my brother come to war
Across the sean, in Fribays, so far,
Oh, may his that for Liberty
Save millions more than little me,
From cruel fater or rubless blast,
And bring him safely home at last."
The idea conveyed in the above war
supposed to be the plea of a little girl
whose brother is fighting in France. It
was given utterance about the time of
news of the death of the first American
soldiers in France.
After the little one had fallen asleep
her mother composed the lines above,
Buy war-savings stamps and help
"Save millions more than little me." MISS MIRIAM CLARK KANE

War Savings Jingles

Est potatoes. They save wheat.

will be forwarded upon receipt of a mil

addressed stamped envelope.

The recipe for any dish contained he

BREAKFAST Baked Apples
Barley Spoon Bread With Bacon
Creamed Codfish
Coffee

LUNCHEON Navy Loaf With Gunner's Sauce Hot Potato Biscuits Peanut Buter Pickled Peaches

DINNER

Baked Ham

Baked Potatoes Italian Cabbase
old English Pudding With Lemon Saus

NAVY LOAF WITH GUNNERS

One medium-sized can or two cuptul

One-quarter cupful of tomato ketchin

One ggs. One tablespoonful of finely chopped

onion.

One-quarter teaspoonful of pepper.

Mix beans, crumbs, sait and pepper.

add well-beaten erg, ketchup and orba

Mix thoroughly, pour into a greasel pe
and bake in a innerate oven they

minutes.

GUNNER'S SAUCE

non breadcrumbe.

cold baked beans. One cupful of common One teaspoonful of sait.

can be given a delicious relish and made doubly nourishing when properly flavored. Make them enjoyable by using

MANY DISHES Though cheap in price,

LEA&PERRINS

Handy-Pandy, Jack-a-dandy, Ruys Thrift Stamps instead of candy, He has a card with ten on it— Now, don't you think he does his bit? It has a tang, all its own.



THE freshness, originality and striking simplicity of

Tweed-O-Wool garments are

inimitable. They are adaptable to gay personality, and justify their appellation "friendly clothes."

A most exceptional choice

of colors and styles are ready.

\$23.50 to \$33.50 Coats \$35.00 to \$36.00

BLAYLOCK & BLYNN Inc. 1528 Chestnut St.

Apparet for the Better-Breised Men, Women and Children

Neglige of Pale Blue and White Chiffon



This exquisite neglige is of pale-blue silk chiffon. The panels are of white, silk-embroidered chiffon. Points of especial interest in the modeling are the neck line and the sleeves. The neckband, narrow in front, becomes a full-fledged collar in the back, and the narrow girdle, also starting out narrow in front, develops into a wide sash in the back, tying in a loose bow in the back.

J.M. Gidding & Co

1422 Walnut Street West of Bellevue. Stratford

introducing SMART and DISTINCTIVE

expressing every notable style tendency from Paris and America

Tailormades - Day Dresses
Coats - Capes - Wraps
Evening Apparel
Blouses - Novelties
Authentic French Millinery
Loight Weight Spring Tuns

Prevent **Prolonged** Sore Throat

Nothing is more annoying than a sore throat slow to respond to medical treatment. The tender membranes of the throat and mouth require the most careful attention.



is most beneficial to the throat and mouth and to the vocal organs as well. Inflammation is quickly reduced, germ breeding destroyed and the throat returned to a healthy, safe condition.

Glyco-Iodine retains all the long recognized curative benefits of ordinary Tincture of Iodine, but is made non-poisonbus by our secret process. A bottle of Glyco-Iodine in your

medicine cabinet is preparedness to fight off sore throat and tonsilitis. Buy a bottle from your druggist today.

Two sizes: 4 oz. \$1.00; 2 oz. 60 cents.

Each bottle hermetically sealed, assuring full quantity and quality.

TINCTURE AND EXTRACT CO. Philadelphia, Pa.



there because these Americans have done their share than to not go around at all and miss those who have not been so generous as you have. So add that little trial to the others I know you are willing to go through for your country. Answer the doorbell cheur-cully and tell the little ones to run along. Apply to the committee on civilian relief at Red Cross headquarters to speed the payment for that motherless baby along.

Undoubtedly drink claims a very large share of the weekly pay envelope: Advocates Gravy Mopping

I think you have decidedly done your

erously as you have to the Red Cross is

Of course, I know it is a little incon-venient to be called from work by the

there because these Americans have

d cold chicken looks like Erin condess it up nicely with green his you might serve a pineapple dressed with green mayonnaise, a slice of the pineapple on each on which lettuce leaves can be do in the form of shamrocks. The mayonnaise, which is made by yellow saind dressing with spinese, crushed parsley or vegetable. Serve clives, potato rolls. See, and for dessert pistachio ice which is green.

Kathleen Mayourneen, the gray dawn Is breaking;
The horn of the hunter is heard on the bill;
The lark from her light wing the bright dew is shaking.
Kathleen Mayourneen! what, slumb'ring still!

may be for year.

forever;
Then why ar: thou silent, Kathleen Maxourneen?

— Crawford.

Letters and operations submitted to this department must be written on one and of the paper only and signed with the name of the writer. Special queries the those gives below are multed. It is understood that the editor does not necessarily indiarse the next incompanies. All communications for this department should be addressed as follows: THE WORLD EXCHANGE, Evening Public Ledger, Philadelphia, Pa. 1. When a girl has mastered tracwriting alone and does not know shorthand, what profitable field of work is open to her?

What effective system of calling the children in from play saves a good deal of wear on multier's throat?

"The standard of the system of calling the to her?"

If we has Lloyd George, Premier of England, given in to the woman movement that is sweeping through his country?

What is the birth flower for March? The plan adopted by Mr. Hoover in the plan also, The women like to make the passent of a minimal property of the plan also, The women like to make the property of the plan also, The women like to make the property of the plan also, The women like to make the property of the plan also, The women like to make the property of the plan also, The women like to meat the property of the plan also, The women like to meat the property of the make the plan also, The women like to meat the property of the make the plan also the plan also, The women like to meat the property of the meat the property of the plan also the plan also the plan also, The women like the plan also the plan also the plan also the plan also, The women like the plan also th Entire collars of gingham are to be a bopolar neckwear feature this season. They are senarate, incl. as lawn and creic collars are. In some cases the neckwear of sheer material is edged with bands of gingham. Fashion is calling for two belts this season. One is at the waistline and the other which is attached to it in front and back, is wide and loose at the sides and forms hip nockets. From One Who Is a Patriot

When we think of the fixes that are be a little inf-sucrificed yearly through lack of proper IN THE MOMENT'S MODES