

AMERICAN WOMEN MUST TRAIN FOR PAID WAR WORK—FOOD CONSERVATION WITH THE POOL

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

No beef or pork today and no worthless meal! THIS is an answer to the mother of the bright baby girl two and a half years old who likes to hear stories.

There are three kinds of literature acceptable to and good for a child of two and a half years—nursery rhymes, animal or nature stories and the simpler fairy stories.

Next in favor come the animal or nature stories. These must be short and simple to hold baby's attention.

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 above are confined to the "WOMAN'S EXCHANGE" column and are not to be answered.

TODAY'S INQUIRIES 1. How is shamrock salad made? 2. What is a hot-pot? 3. What is the best system of eating the children in from play saves a good deal of wear on mother's throat?

ANSWERS TO YESTERDAY'S INQUIRIES 1. When a girl has mastered overwriting that profitable field of work is to her? 2. How has Lloyd George, Premier of England, lived in the woman movement? 3. What is the best Bener for March?

From One Who is a Patriot To the Editor of Woman's Page: Dear Madam—May I ask your opinion on a dress of amaranth? While it is a lovely dress, I believe it is a little too heavy for the season.

To Prepare Water Glass To the Editor of Woman's Page: Dear Madam—I put away in the spring about fifty to sixty water glasses.

St. Patrick's Night Supper To the Editor of Woman's Page: Dear Madam—Will you please suggest a menu for a supper to be given on St. Patrick's Day?

Mending a Drum To the Editor of Woman's Page: Dear Madam—Could you kindly tell me what to do with a drum that has a hole in the head about the size of a nickel?

Spanish Rice To the Editor of Woman's Page: Dear Madam—Is it safe to eat rice that has been printed before Wednesday if possible?

Editorial for Women

Written by a Woman



MILLIMENTO W. KETCHUM

POOR AS FOOD SAVERS

By MILLIMENTO W. KETCHUM

THE all-absorbing topic of "Food Conservation" can be compiled better with "life conservation."

Throughout my twenty years' experience in assisting the poor—shanties, tenements and food conservation have been the leading factors.

The plan adopted by Mr. Hoover in using cereals, such as corn, oats, etc., has been one plan also.

Women are being instructed in airplane flying in a class conducted by the U. S. A. in different cities of the United States.

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IN THE MOMENT'S MODES

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.

WOMEN'S WAY TO WIN THE WAR

DEFINED BY ONE WHO HAS SEEN

Work Concentration, on a Definite Job, Says Miss Marion Clark Kane, Is Essential

Striking Picture of Necessities That Must Be Met by This Country Presented by Nurse

WORRIES MAKE BAD BEDFELLOW

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

A night's sleep does not yield its full dividend to many women because of nervous tension. Nothing is so damaging to proper sleep as the habit of talking one's worries to bed.

Let the arms hang at the sides, then slowly and gently swing them from side to side, gradually letting the head and then the trunk swing with them.

Plenty of sound, refreshing sleep is a requisite for the maintenance of health in every condition of life. The child or youth, man or woman, deprived of necessary sleep, soon becomes ailing and nervous.

QUESTIONS AND ANSWERS

Burning Under the Cuticle

What is the cause of a burning under the cuticle? EMMA D. It is the skin nerves. There is a hypersensitive condition of the nerves of the skin.

Eye Infection

What does a little whitish growth on the white of the eye? THOS. Y. It is chronic irritation. There may be a little infection. You should see the eye specialist.

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J.M. Gidding & Co. 564 566 568 Fifth Avenue AT 46th ST N.Y. 1422 Walnut Street West of Bellevue, Stratford introducing SMART and DISTINCTIVE Spring Fashions expressing every notable style tendency from Paris and America Tailormades - Day Dresses Coats - Capes - Wraps Evening Apparel Blouses - Novelties Authentic French Millinery Light Weight Spring Furs

Housekeepers' Alliance

The Housekeepers' Alliance was established in the city of Washington long before the war.

With the coming of war the Housekeepers' Alliance has become an alliance of housekeepers with its first object in view.

The matter of substitution in war cookery has been taken up by this organization. Demonstrations and talks are held in school kitchens every week.

My Soldier

"Now I lay me down to sleep, I pray the Lord my soul to keep, God bless my brother gone to war, Across the sea to France, my dear, Save many his life for Liberty."

The idea conveyed in the above was supposed to be the plea of a little girl whose brother is fighting in France. It was given in reference to the time of the death of the first American soldier in France.

War Savings Jingles

Handy Handy, Jack-a-dandy, Buy Thrift Stamps instead of candy. He has a card with ten on it. Now, don't you think he does his bit?

Torn Hot-Water Bag

Your hot-water bottle tears or leaks and you cannot get out extra to buy another immediately, put a piece of adhesive tape over the break, and substitute for the hot water, hot water as usual.

APPROVES BABY CAMPAIGN

President Sends Best Wishes to New Jersey Congress Hoboken, N. J., March 12.—President Wilson's interest in New Jersey's baby Congress, which opened here last night, is expressed in a message received by Mayor P. R. Griffin.

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. Glyco-Iodine (VAN DYKE) 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-poisonous by our secret process. A bottle of Glyco-Iodine in your medicine cabinet is preparedness to fight off sore throat and tonsillitis. 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.

Tomorrow's War Menu

Eat potatoes. They save wheat. The recipe for any dish contained here will be forwarded upon receipt of a self-addressed stamped envelope.

BREAKFAST Baked Apples Barley Spoon Bread With Bacon Creamed Codfish Coffee

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

DINNER Baked Ham Baked Potatoes Italian Cabbage Old English Padding With Lemon Sauce

SAUCE One medium-sized can or two cups of corn baked beans. One cupful of common breadcrumbs. One teaspoonful of salt. One-quarter cupful of tomato ketchup or chili sauce. One egg. One tablespoonful of finely chopped onion.

One-quarter teaspoonful of pepper. Mix beans, crumbs, salt and pepper, add well-beaten egg, ketchup and onion. Mix thoroughly, pour into a greased pan and bake in a moderate oven thirty minutes.

SAUCE Two tablespoonfuls fat. One teaspoonful dry mustard. Three tablespoonfuls cornstarch. One teaspoonful salt. One-quarter teaspoonful pepper. One and a half cupfuls milk. Melt fat, add cornstarch, mustard, salt and pepper; when mixed remove from the fire and bring to the boiling point, stirring constantly. — Wheatless and Meatless Days.

MANY DISHES

Though cheap in price, can be given a delicious relish and made doubly nourishing when properly flavored. Make them enjoyable by using

LEA & PERRINS SAUCE

THE ORIGINAL WORCESTERSHIRE It has a tang, all its own.

Tweed-O-Wool and SUITS 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. Suits \$23.50 to \$33.50 Coats \$35.00 to \$36.00 BLAYLOCK & BLYNN, Inc. 1528 Chestnut St. Apparel for the Best-Dressed Men, Women and Children