WOMEN ORNAMENTS?—EXERCISE FOR YOUR BRAIN'S SAKE—WARTIME MENU AND RECIPES

HEY WANT TO CUT THEIR HAIR, BUT THE MEN WON'T LET THEM

A Coiffure Is Part of the Scenery, He Decides, and Must Stay Put, Which All Reminds Us, "Are Women Ornaments?"

While There Are Potatoes
A wheatless meal once a day
offers no problem to the housewife
while matter has always been more
less discussed, but since woman
wast out one morning and got a war
bit it's taken on a new angle. Woman,
for instance, has honestly and sinoccily found out that it's easier and
see dangerous to work in a dress,
however amart and fetching. And so
the didn't stop to think whethen the
smantal or not. She just slipped into
them and got to work.

Now woman for similar utilitarian
rasions would like to cut off her hair.
Not all women, understand, but
snough to make groups of them stand
on the street corner on the way home
from the plant at night and wonder
whether or not they'll do it.

There are many reasons why they
should, you see. Of late we've been
counting the cost of so many things.
Tims and lost motion, for instance. It
is appailing to think how much time
women have wasted on their hair. I
am afraid to add it up. Some one
would be sure to hear about it and
tall Hoover. But these reasons,
weightly as they may seem, are not
the chief ones. It would be more sain
tary to have short hair than long
hair because the short crop would
probably be washed more often than long
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probably be washed more often than long
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probably be washed more often than long
hair because the short crop would
probably be washed more often than long
hair because long hair is such a menace in
he long one was. It would be safer
because long hair is such a menace in
he long on the control of the probably the washed
women an ornament or isn't she?

THERE is just one thing to make
women hair of the control of the control of the control of the control
would be sure to hear about it and
tall Hoover. But these reasons,
he chief ones. It would b

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

substituting honey for white sugar use one tablespoonful of honey for stery acan twe tablespoonfuls of sugar called for.

1. There are 1.800,000 women engaged in agriculture in the United States.

2. The "Wrens" of England is an organization of women who have volunteered to mend the British soldiers' clothes, tightly over it for a few minutes, This will make the gam crumbly and it can be brushed off.

2. The "Wrens" of England is an organization of women who have volunteered to mend the British soldiers' clothes, it can be brushed off.

3. In writing a business letter to a married or an unmarried woman with hen the paper doll's clothes refuse to stay on by means of the little card-board "hendbacks" ordinary paper clips will be found to hold them securely in place.

Not Annette, by Any Means

column: low can Parisian toilet articles be or washed? s boiled milk better or as good as ust heated for a fifteen-month-old

(1) Parisian tollet articles of cory can be cleaned with peroxide of cydrogen.
(2) Unless a doctor orders boiled milk for baby simply give it the milk heated to blood heat. All the milk sold now is passeurized. It is always safe, however, to feed baby under directions from your family doctor.

(3) The safest thing to do when baby is burned is to take him to the doctor immediately if it is at all possible. If not, cover the burn with wet baking soda or apply carron oil until you can see a doctor.

The duties of an executor named declaration of the collage by the Sea.

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The duties of an executor named declaration of the collage by the sea.

(4) The duties of an executor named a will are as follows: To probate will before Register of Wills, City Hall; to put estate notice in paper; to make myentory and appraisement of testator's property and file in Register's office: to collect assets and pay debts, for which he is allowed a year; to file accounts in Register's office, and settle estate in accordance with terms of will.

The compensation allowed for these services is 5 per cent on personal estate and 3 per cent on real estate. This comes dut of the estate of the deceased.

Further Identification of Hymn

Described Identification of Hymn
the Editor of Woman's Page:
Described Madam—At the request of a reader
the hymn "Meet Mother in the Skies." I send that hymn. The music and words will
found in the Hall & Mack Songe of the
spel, No. 1 and 2. on page 18. W. R.
the Editor of Woman's Page:
Dear Madam—Inclosed find the words and
sic to the hymn "Reader" requested. If to
the hymn requested was printed in
the hymn requested was printed in

hymn requested was printed in night's exchange. As the reader tent it in, however, was unable to om what book it was taken. I am the above information will be apted by a friend who asked for the The words and music have been reded, as the address was held Thank you both.

Cocoanut Pie

adam—Can you give me the recipe of cocoanut plo? Is Clara Kimball tried?

In the ple—Cream half a cupful of nut margarine with two scant of powdered sugar, and when a dd half a box of cocoanut enerous tablespoonful of water.

1. What amount of wheat flour, butter and sugar per week is allowed in the voluntary ration system suggested for well-to-de families?
2. How can the shiny appearance he removed from a suit of clothes?
3. Why should sait never he added to petatos while they are belling?

ANSWERS TO YESTERDAY'S INQUIRIES

Milk Not Boiled for Baby

Editor of Woman's Page:

The Madam—When convenient please and the following questions in your very following questions in your very following desired and so much printed about her?

DARRY.

cleaned or washed?

Annette Kellermann is the actress and milk just heated for a fitteen-month-old high diver, but she is not blind. It is for a burn on a haby sakit.

(a) What is the most satisfactory first aid for a burn on a haby sakit.

(b) What are the duties of an executor named in a will and what compensation does receive, and from whom?

A. R. C.

(1) Parisian tollet articles of French ivory can be cleaned with peroxide of hydrogen.

Lucky Wedding Months To the Editor of Woman's Page:

Dear Madam-Will you kindly tell me which months are considered the luckiest in which to get married? BRIDE-TO-BE.

There are many old superstitions, but it is hard to say which is considered the lucktest month, except that the old rhymes warn against May and July. March predicts sorrow as well as joy. One old rhyme says:

"Marry in April when you can."
Joy for maiden and for man." It would be a pity to consider super-stitions in this matter. The convenient month for those involved will be the lucklest month, little bride-to-be.

Napkins and Grapefruit

To the Editor of Woman's Page:

Dear Madam—Is it ever proper to use paper napkins at dinner? How should grapefruit be served?

HELEN.

Mail Delayed Reaching France

IN THE MOMENT'S MODES

Spring Afternoon Frock of Tan Shantung Crepe



This very charming frock, designed for spring afternoon wear, is of tan color shantung crepe, elaborately trimmed with blue-thread embroidery. The double collar and draped vestee are of pale-yellow organdie.

Tomorrow's War Menu The recipe for any dish mentione re will be forwarded upon receipt of self-addressed stamped envelope.

self-addressed stamped envelope.

BREAKFAST (wheatless)
Preserved Peaches
Bacon and Kidneys
Rice Waffles
LUNCHEON
Fricassee of Potatoes and Onions
Peanut-Butter Sandwiches
Tea Scotch Oat Cookies
DINNER
Casserole of Lamb and Peas
Baked Potatoes Currant Jelly
Lettuce
Buckwheat Chocciate Cake

Buckwheat Chocolate Cake

BUCKWHEAT CHOCOLATE CAKE
One-half cupful fat, one cupful sugar,
two eggs, one-half cupful milk, threequarters cupful buckwheat flour, two and
a half teaspoonfuls baking powder, two
ounces melted chocolate, one-half teaspoonful vanills.
Cream fat, add sugar gradually and
the yolks of the eggs, well beaten. Add
milk, flour and baking powder and beat
thoroughly. Add melted chocolate and
vanilla; fold in the stiffly beaten whites
of the eggs and bake for forty minutes
in a shallow cake pan.—Food Administration.

These Shall Prevail

The seas answered him with ships, the earth with men. Straight. Death caught his sickle up, called his reapers grim, Famine with his empty cup came after

Down the stairs of Paradise hastened angels three. Pity and Self-Sacrifice and Charity.

Where the curved, black sickles sweep, where pale Famine clings. Where gaunt women watch and weep, come these of wings.

When the red wrath perisheth, when the dulled swords fall. These three who have walked with Death—these shall prevail.

Hell bade all its millions rise; Para-dise sends three; Pity and Self-Sacrifice and Charity. —Theodosia Garrison.

DAILY EXERCISE AID TO HEALTH

Advice on precentive medicine will be given by Ductor Kellogs in this consumed and the precent of the consumers of of the con

way most business men take their exer-cise, going off on a hunting expedition once a year for one or two weeks, or now and then taking a very long walk or a tiresome rowing excursion, is not calculated to strengthen the muscles, but rather to make them sore and stiff, and to discourage efforts in this direc-

Exercise should be taken daily. The system requires its daily dose of mus-cular exercise as much as its daily por-tion of food, and it would be quite as ensible to undertake to do a month's eating a single day as to take all of one's exercise for a month on a monthly holiday. Hence, exercise should be taken daily, and, if possible, at a regular hour.

QUESTIONS AND ANSWERS The Appendix

Please explain the office of the appendix. The appendix is only part of the glandular structure of the colon. Down in the colon when the material comes in from the small intestine there are a great number of mucous glands, among them a big one that forms a large amount of mucus, which lubricates the intestine and so protects it from irritation. The appendix is simply a part of the glandular structure of the cecum that is protective.

Best Hair Oil

What is the best hair oll? IOWA. What is the best hair oil? IOWA.

It is the kind produced by the scalp, But if the hair is dry the best remedy is to bathe the scalp with a little cold water. Dip the fingers in cold water and rub the scalp vigorously and the effect will be to stimulate the flow of blood through the scalp and cause the scalp to make more fat and then the hair will be oily. Aside from this a very little vaseline or lanoline will be wholescome for your hair.

Food for Child of Two Years What should be the food of a child two

Fruits and vegetable purees, grains and nuts, and a moderate allowance of pure cream and cow's milk.

Fruit and Rheumatism

Are oranges and grapefruit bad for any ne having rheumatism? S. A. W. one having rheumatism? S. A. W.
No, they are exceedingly good. All
fruits of all kinds are wholesome for
people who have rheumatism, because
these organic acids are not the same as
mineral acids, which are decomposed in
the body. These organic acids are digested and utilized in the body, oxidized
so that they take the place of other food
substances and do not appear in the
body as acids.

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New York

COCOA IS WHOLESOME

The Evening Public Ledger has re-ceived the following letter from H. O. Wilbur & Sens: I beg to call your attention to the following facts:

world war and donated the services of its women for the relief work at hand. Under the title of the Stage Women's War Relief, the actresses and other

bined to work for the great humanitarian cause. ecutive office, 366 Fifth avenue, New by women of the stage under the per-

H. O. WILBUR & SONS, INC., B. K. WILBUR, M. D.

Scalloped Potatoes

Wash, pare and slice potatoes in cold water. In greased dish place a layer of these potatoes, sprinkle with salt and a little flour, dot over with one-half tablespoon oleomargarine. Repeat this until the baking dish is nearly filled; Relief, has been untiring in her efforts then add hot milk until it may be see through the top layer. Bake one and a quarter hours in a moderate oven or place back of the stove and cook slowly. The milk should not boil. A little grated cheese may be sprinkled over each layer if desired.—Food Administration.

War Savings Jingles

Molly, my sister, and I have fallen out.
And what do you think it is all about?
For War Savings Stamps she spends
all her money.
And when I laugh she says it's nct
funny.

Crothers spoke recently in Chicago before representatives of the different war
reliefs and was gratified to hear the
statements made concerning the work
accomplished by the profession since its
opening April 10, 1917. We have shipped
to France, Belgium, Italy and Russia
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baby clothes, boys' and girls' suits, hospital supplies, knitted articles, rubber
articles, tobacco packages and comfort
kits amounting to a total of 124,191
articles.

our traveling representative, Mrs.





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Editorial for Women Written by a Woman

HILDA SPONG STAGE WOMEN'S WAR

RELIEF By HILDA SPONG Member of the New York Committee. THE stage, always so prompt to an-A swer the call of charity, came forward at the important period of the

women allied with the theatre com-

At the headquarters or national ex-

York city, surgical dressings, hospital supplies and other necessaries are made

sonal supervision of Miss Minnie Du-

pree. This New York workroom is also

the receiving place for all finished work

sent in by the branches located in other

cities of the country. It is from here

that all materials are boxed and shipped

Miss Rachel Crothers, dramatist and

president of the Stage Women's War

to promote this splendid work. Miss

Crothers spoke recently in Chicago be-

direct to the other side.

Otis Skinner, has been instrumental in organizing the Philadelphia branch, and through the interest and generosity of Mrs. James Elverson. Jr., we secured the house at 2026 Walnut street as permanent headquarters. The work-rooms here are open daily to the women of the theatrical profession, and the women both on the stage or those who derive support from the theatre in any capacity, have come forward nobly to add this queta in Jais growing organization. When the Red Cross began to take over other organizations they found the Stage Women's War Relief was the only one representing an organized profes-sion and proncunced it such fine work and such individual work that they asked us to stand alone as an individual

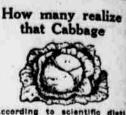
women have given not only money but time and work for the cause even while actively engaged in their profession.

The ultimate aim of this organization is to be a permanent thing, to carry aid to any members of the profession that may be in need of it after this great present demand for our scidiers and Allies has been concluded by peace.

Holle Spory

Recipe From France

Four tablespoonfuls salad oil, four tablespoonfuls cream, three tablespoonfuls cream, three tablespoonfuls vinegar, mustard, sait, pepper, Mix the salad-oil, cream, vinegar, a little mustard, sait and pepper to taste. Beat everything very quickly, with an American beater if possible. The sauce gets white quickly and looks like whipped cream. Soon it becomes as thick as the best-made mayonnaise. Moreover, eggs are not required. The sauce will not curdle, and can be made quickly,—Mile. Madeleine Fevre, Neufchateau, France. Reprinted from the Delineator.



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