

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

THEY 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?"

Now that it's definitely settled that women are people, there's another question looming up large. Are women ornaments? This matter has always been more or less discussed, but since woman went out one morning and got a war job it's taken on a new significance.

While There Are Potatoes A wheatless meal once a day offers no problem to the housewife while potatoes are plentiful on the market as they are now.

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.

DAILY EXERCISE AID TO HEALTH

By J. H. KELLOGG, M. D., LL. D. EVEN the brain and nerves share in the benefits derived from muscular training.

The derivative effect of muscular exercise renders it one of the most effective means of counteracting the effects of laborious mental occupation and such employments as are likely to cause an excessive flow of blood to the brain.

Exercise, to be really valuable, should be systematic; that is, it must be taken in such a way as to bring into play all the muscles of the body in a natural and symmetrical manner.

Exercise must be taken regularly. The way most business men take their exercise, going out on a hunting expedition once a year for one or two weeks, or now and then taking a very long walk or a strenuous ride, are not sufficient to strengthen the muscles.

COCOA IS WHOLESOME

The Evening Public Ledger has received the following letter from H. O. Wilbur & Sons:

I beg to call your attention to the following facts: In your issue of the Evening Public Ledger, Tuesday, March 5, on page 6, our advertisement appears, one of the items in the same issue in the fourth column, just below the center, is an answer to a query in regard to drinking chocolate.

Of course, in answer to such inquiries you are to give such information as you have on hand, but I submit that there is virtually no medical authority of recent date upholding the reply you gave.

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Editorial for Women Written by a Woman



HILDA SPANG STAGE WOMEN'S WAR RELIEF

By HILDA SPANG Member of the New York Committee.

The stage, always so prompt to answer the call of charity, came forward at the important period of the world war and donated the services of its women for the relief work at hand.

Waldorf Potatoes

Cut cold boiled potatoes into cubes and mix one cup potatoes and one-half cup cream sauce, having previously added four tablespoons of grated cheese.

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 profession and pronounced it such fine work and such individual work that they asked us to stand alone as an individual unit.

It is worthy of note that many of our women have given not only money but time and work for the cause even while actively engaged in their profession.

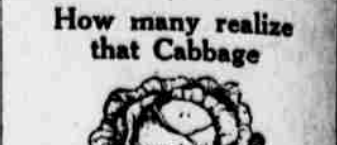
The ultimate aim of this organization is to be a permanent thing, to carry aid to any members of the profession that may be in need of it after this great present demand for our soldiers and Allies has been concluded by peace.

Hide Spang Recipe From France

Four tablespoons salad oil, four tablespoons cream, three tablespoons vinegar, one teaspoon salt, one teaspoon mustard, salt and pepper to taste.

How many realize that Cabbage

According to scientific dietitians is over 90% waste, whereas



WILBUR'S COCOA ALL FOOD, NO WASTE contains every element necessary to tissue and body-building.

Serve Wilbur's regularly—give your family the benefit of a delicious drink that is also a perfect food.

WAR TIME RECIPES A little booklet containing delicious and economical recipes. Sent free on request to H. O. Wilbur & Sons, Inc., Phila.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special attention is given to queries of a general nature. All communications should be addressed to THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES 1. What amount of wheat flour butter and sugar are necessary to make a pound of shortbread? 2. How can the shilly appearance be removed from a suit of clothes? 3. What are the best ways to clean potatoes while they are boiling?

ANSWERS TO YESTERDAY'S INQUIRIES 1. In substituting honey for white sugar use one tablespoonful of honey for every three tablespoons of sugar called for.

Not Annette, by Any Means To the Editor of Woman's Page: Dear Madam—To settle an argument, will you kindly let me know if Annette Keller, who is the blind girl who had such wonderful talent in the papers had so much printed about her?

Thank You! To the Editor of Woman's Page: Dear Madam—I enclose a copy of the old song "Cottles" by the sea—another version.

Lucky Wedding Month! 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?

Cocunut Pie To the Editor of Woman's Page: Dear Madam—Can you give me the recipe for making cocunut pie? Is Clara Kimball Young married?

Napkins and Grapefruit To the Editor of Woman's Page: Dear Madam—Is ever proper to use paper napkins at dinner? How should grapefruit be served?

Potato Soup To the Editor of Woman's Page: Dear Madam—Please print a recipe for potato soup. This recipe is furnished by the food administration.

Mail Delayed Reaching France To the Editor of Woman's Page: Your paper and I am a constant reader of it. I would like to see you for your paper and I am a constant reader of it.

Chest Sweater for Man To the Editor of Woman's Page: Dear Madam—Can you give me the best pattern for a chest sweater? I want one that is simple and easy to make.

Tomorrow's War Menu

The recipe for any dish mentioned here will be forwarded upon receipt of a self-addressed stamped envelope. BREAKFAST (wheatless) Preserved Peaches Bacon and Kidneys Coffee

QUESTIONS AND ANSWERS

The Appendix Please explain the office of the appendix. The appendix is only part of the glandular structure of the colon.

Best Hair Oil 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.

Food for Child of Two Years What should be the food of a child two years old? MICHIGAN. 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 one having rheumatism? IOWA. No, they are exceedingly good. All fruits of all kinds are wholesome for people who have rheumatism.

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 olive-oil margarine.

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.

Hallahan's GOOD SHOES

Boys' & Girls' Shoes Springtime calls for new shoes and wartime calls for good shoes as you economy. We are specialists in shoes for children and have learned how to give you style, fit and wear at a moderate price.

Hemingway

Original and Exclusive Designs in Spring Millinery Top Coats Sunshades and Bags Summer Fur Wraps Mourning Attire a Specialty

TELEPHONE INDIA AND CEYLON TEA Comes in Sealed, Airtight Packages Retaining All Original Purity and Flavor ONE LITTLE TEASPOONFUL MAKES TWO CUPS

HICKORY GAITHERS FOR YOUR CHILDREN'S SAKE are recommended by best stores because every sale means a pleased and satisfied customer; every mother who buys one pair will return for more; every pair is guaranteed to give long, satisfactory service.

Hemingway Importer 1524 Locust Street Original and Exclusive Designs in Spring Millinery Top Coats Sunshades and Bags Summer Fur Wraps Mourning Attire a Specialty

Spring Models MILLINERY SPORTS HATS TOP COATS WAISTS FURS For Seasonable Wear The Fur & Millinery Shop, Inc. 1423 Walnut Street

Tweed-O-Wool SUITS and COATS BECAUSE the girl of today would have that dash of style and touch of femininity she wears a suit or coat of Tweed-O-Wool. With our wonderful collection of colors you are sure to find your shade. Suits \$23.50 to \$33.50 Coats \$35.00 to \$36.00

Announce Their Display of HATS for Spring and Summer 1918 Paris Importations Exclusive Creations Inspection Is Invited

Nemo SELF-REDUCING The Flesh Goes Away! The first thing a Nemo Self-Reducing Corset does for a too-tight woman is to make her LOOK SMALLER. The second thing it does is to make her ACTUALLY SMALLER by the automatic gentle massage which softens fatty tissues so that they are absorbed and taken away.