PIRIT OF GOOD FRIDAY IN TRENCHES: NEW RECONSTRUCTION WORK MUST FOLLOW DRIVE

health will become a universal founda-tion of the future womanhood of our land and that the moment for the physi-cal conditioning of our sex has arrived.

Naud Brien

Maxims About Women:

Kiddy on Roller Skates

Through dangerous places by land and

she sit upon stones."

TEY HAVEN'T LIVED HIS LIFE, BUT THEY HAVE DIED HIS DEATH

What the Supreme Drama of Good Friday Means to the Men in the Trenches as Told by Lieutenant Coningsby Dawson

our story of the trenches, which appears in Good Housekeepins.

"gazed down on them from His cross, with a suffering which two thouseled by the state of the glory of the trenches, that a they had become one with Him in their final sacrifice. They hadn't lived His life—far from it; unknowingly they had died His death. That's a part of the glory of the trenches, that a man who has not been good can crucify himself and hang beside Christ in the end. One wonders in what pleasant places those weary souls find rest.

"There was a second Calvary—a heap of ruins. Nothing of the altar or irees, by which it had been surrounded, was left. The first time I passed it I saw a foot protruding. The man might be wounded; I climbed up to examine and pulled aside the debris. Soneath it I found, like that of one three weeks dead, the naked body of the Christ. The exploding shell had renched it from its cross. Aslant the acs, with gratuitous blasphemy, the consulted in the eligion of heroism, which they have learned in the glory of heroism. Which they have learned in the glory of the trenches.

"A big sacrifice, which bankrupts one's life, is always more becare be little annoyances of sickness, disappointment and dying in a bed.

"It's easier for Christ to go to Calvary—the good of a see see Him! And do we see Him? I think so, but not always consciously. He moves among us in the forms of our brother men. We see him most evidently when danger is the forms of our brother men. We see him most evidently when danger is the forms of our brother men. We see him most evidently when danger is the forms of our brother men. We see him most evidently when danger is the forms of our brother men. We see him most evidently when danger is the forms of our brother men. We see him most evidently when danger is the forms of our brother men. We see him most evidently when danger is the forms of our brother men. We see him most evidently when danger is the forms of our brother men. We see him most evidently when danger is the form of our chaps don't as

Origin of Hot Cross Buns; History Does Not Agree

A universal custom and one of great antiquity is the baking on Good Friday, of what is now styled the "hot cross bun." The original of the Good Friday bun is traced by some to the sacred cakes styled "Boun" which were offered at the Arkite temples upon each seventh day. This species of sacred bread was presented to the gods in those days as a means of consecration. They were generally purchased at the entrance of the temple. In speaking of this offering, it has been described in the expression: He offered one of the sacred Liba ed a Bouse, which was made of fine

called a Bouse, which was made of fine flour and honey, marked with a cross."

Again, it has been described as a cake with a representation of two horns, also as small loaves of bread, long and sharp at both ends. It was believed that this certain kind of bread had the virtue of never growing moldy, as in the lines from Poor Robin's Almanack:

"Good Friday comes this month, the old dame runs

dame runs
With one or two a penny hot cross buns,
Whose virtue it is, if you believe what's They'll not grow moldy like the common

There was an old belief in England that the observance of the custom of eating buns on Good Friday protects the house from fire, and many other virtues are attributed to this custom.

In Chelsea the greatest places of attraction on Good Friday were the two "Royal Bun Houses." Here people came to purchase the "royal hot-cross. Chelsea buns," and one would hear the vendors crying all day long:

One a penny buns;
Two a penny buns;
Two a penny two a penny,
Hot cross buns.

ANNIE BIERCE.

ANNIE BIERCE.

Lonely, Unhappy Wife

Editor of Woman's Page:

VER in France where the scarlet present war. He survives in the noble a die gloriously for their country, will tell you they understand wrought upon their bodies."

will tell you they understand of Friday now.

Two thousand years ago a Man died something on which none could lay hand. A cause, the supreme cause, we incomprehensible, men have igsred. How vain to give life for nething you cannot see!

Sut in the trenches they have grown inderstand. Men have drowned for its in the mud of the trenches, which apprint what he says, Lieutenant woon has been in the thick of the has been spent long months hospitals thinking it over. "God We See Him," he calls his marvelastory of the trenches, which apprint wooden Christ," he writes.

I would sing of dreams that perish

In the breath that they are born;

Timid dreams—that gleam a mo-

Lighting wayside minds forlorn.

Oh, these dreams that die at day-

Fadeless Sphinxes never solved;

Dreams like ghosts by light dis-

-W. B. Fagin, in Book News

The ingredients are two-thirds cupful

rolled oats, sone cupful scalded milk, three tablespoonfuls sugar, one-half teaspoonful sait, two tablespoonfuls melted fat, one and one-half cupfuls flour, one

and one-half tablespoonfuls baking pow-

Add scalded milk to rolled oats and

Piece for Little Girl

To the Editor of Woman's Pape:

Dear Madam—Some time ago in the
Woman's Exchange you printed a little poem
called "Mother's Hopes." It was the sort
of piece a little sirl of five or six could
recits. I meant to cut it out at the time,
but it slipped my memory. I wonder if you
would be kind enough to print it again?

(Mrs.) C.

The piece was "A Mother's Hopes," by

A MOTHER'S HOPES

Sometimes my mother confesses,
If she smiles when she's making my
clo'se,
That she's weaving fond hopes in my
dresses
And weaving sweet dreams as she
sews.

Burges Johnson. It follows:

Disputed Quotation To the Editor of Woman's Page:

let stand thirty minutes. Add sugar, salt and melted fat, the flour sifted with the baking powder. Mix well. Add the well-beaten egg and beat the mixture thoroughly. Drop by spoonfuls into well-oiled muffin tins and bake from twenty-

der, one well-beaten egg.

Flashing soul to minds in sorrow-

ment.

break!

Monthly.

training. Dreams That Die

opportunities.

With health the world is here. Without it—but no woman need stay without it. If she does not yet realize she
must be taught to make the best use of
nature's elements, water, air and light,
and to take regular exercise, thereby
building and strengthening her physical
system. She must be taught this if she
is to escape evils to which she is pecultarly susceptible, because of her delicately adjusted mechanism. cately adjusted mechanism.

cately adjusted mechanism.

Exercise of the right sort is a lifegiver; but it is of value only as it is
uniform, systematized, persistent. With
the boy it should take the form of athleties; with women and girls, physical

Don't Mention It

Don't Mention It

To the Editor of Woman's Page:

Dear Madam—I was surprised and I also want to thank you for your perseverance in looking up the songs. I did not expect so much attention. Fee, the one you mailed to me was the right "Cottage by the Sea." I had an idea if I could obtain the two songs I could send them to a favorite singer we know and have records made of them. There was a record made of "Mandy Lee" some time ago, but I have tried many times to get it since and have failed. Thanking you and the others for the favors.

(Mrs.) E. F.

One Fresh Egg Costs 4c

"ALL FOOD, NO WASTE"

Health: Your Bane or Your Blessing

EDITORIAL FOR WOMEN BY A WOMAN



-and this condition comes only through

oan of today must make the The woman of today must make the most of her physical self, realizing that without her full measure of health-brim-ming vitality she must fall far short of

With health the world is hers. With-

form, and even donning the gloves for a friendly bout. And now we have the newest forms of exercise on a table of health recently introduced in this city whereby one may rest on a table and at the same time indulge in forty different forms of exercise that bring about the most beneficial results, though obtained while in a restful, soothing position. It is to be hoped that this table of health will become a universal founds. WOMAN RELIEF UNIT MEMBER TORN WITH GRIEF FOR PEASANTS

Dr. Alice Tallant, of Smith College Organization, Says Germans Are Undoing Reconstruction Work in French Villages

WITH a heart aching for her French peasant friends who are again crushed under the heel of the German. Some Unfamiliar Ones Dr. Alice Tallant today told of her reconstruction work in France. Doctor Tal-"You may remove a setting hen from lant has only recently returned from her nest, but you cannot stop her from six months of strenuous work with the sitting. To hatch something is a fixed tting. To latch something is a fixed
ea, and she sticks to it even though
to sit upon stones."

"It never pays to mix outraged sentient with business. That's what
omen do to sentiment. They outrage
Therefore, don't have any, not in
Therefore, don't have any, not in
The sentiment of the Smith College relief
unit she was busy bringing health, happiness and order out of the chaos left idea, and she sticks to it even though ment with business. That's what women do to sentiment. They outrage it. Therefore, don't have any, not in by the German hordes last autumn

Doctor Tallant returned home to re-sume her work on the faculty of the Woman's Medical College.

business."

"Nobody wants to be the charter member of an aristocracy. History shows that such a one was nearly always a man of doubtful character and elemental force. But you desire to be the last scion of a noble house, even if the house has fallen down."

"Politics may divide nations and creeds do divide Christians, but whatever separates women from men is unnatural, fatally wrong and cannot last."

"Every man is in the minority when he faces the women in his house. Even if there's only one she votes the babe on her breast and even the furniture against him."—Corra Harris in Picorial Review. "These poor, brave village people were just recovering from the oppression of the German army," Doctor Tallant ex-plained, "and now this present drive is again bringing them all the horrors of the enemy. I can't help but wonder constantly how the new invasion is af-fecting them. There is not a doubt that they are bearing their trials bravely, but it does seem a pity that they should have to undergo the suffering and pri-vation that is certain to come to them." Doctor Tallant is loud in her praise

of the French peasants. They are noble, brave and courageous, and in spite of all their sacrifices during the last three and a half years they are true to their bless.

ideals.

"Very little in the form of new suffering could come to those people, Dector Taliant continued gravely. The deportation of all able-bodied men and women into Germany was an atrocity second to none and the peasants in the section where I was working endured that several years ago. We had fifteen that several years ago. It is not work we had a particular stress upon the children, and the particular stress upon the children. by sea,
I've traveled for many long years,
And managed to screw up my courage
all through,
And overcome most of my fears.
But one peril haunts me and will not be
downed,
No matter how hard I may try,
I simply must stand with my heart in
my mouth my mouth
Till that kiddy on rollers gets by,
—Jean Milne Gower.

Wasn't a man or woman there with the laid particular stress upon the children. Spring Frock of Foulard and Serge

Many of the style creators are

showing a favoritism for the afternoon frock in which foulard silk is combined with

The little frock pic-in the accompanying

DR. ALICE WELD TALLANT

exception of the very aged and the nothers of children."

mothers of children."

Through her knowledge of the French language Doctor Tailant was a great asset to the unit of sixteen women, aside from her value as a doctor. However, her leave of absence was over in

and endeavored to give them the nour-ishment they needed as growing chil-dren. They seem to have had enough of vegetables, thin soups and war bread, but the milk and meat that mean so much to the growing child have been impossible to get. About the first thing our unit did was to get some cows and furnish the children with

"The Smith College unit was only one of a great number of such relief organizations helping the people in the vil-lages devastated by the Germans get back to a normal, healthy manner of Doctor Tallant continued:

"These people have a great love of their birthplace, and preferred to live there, in spite of the destruction that preceded the retreat of the German army last fail. Virtually every house and barn, every fruit tree and vegetable garden was destroyed in the retreat, but with the aid of the relief units they lived through the winter, and were get

Charming Styles

Smart Women Will

Wear Easter Sunday

New Kind of Easter Egg on the Market This Year

A new kind of egg for the Easter nest is on the market for parents to buy this

year. It is a thrift stamp.

Parents on the lookout for the novel and unique will find a new kind of Easter present for their children and instill in their minds the necessity of adding to their minds the necessity of adding to the nest-egg through saving pennies and buying thrift stamps, as one of the ways they can aid in winning the war. Not only will the children be aiding in this way, but the example set by them in saving their pennies will have its effect upon more mature minds.

Thrift stamps may also be sent as Easter greetings to take the place of the usual card, thus combining the pa-triotic with the religious spirit of the day.

Wash the Clothesline

Habit Is Lots Stronger

Than the Legislature Remember that, mother, when you go to bed Saturday night. It

s your job to introduce the family to that new hour of sunshine scheduled to appear on Easter Sunday morning. But you can't wake the others if you don't wake yourself! Set that little friend alarm clock ONE HOUR FORWARD before you go to bed. Set all the other clocks to match. Any Legislature can make a law, but it takes an army of women to keep a nation from sleeping through it!

Tomorrow's War Menu The recipe for any dish mentions here will be forwarded upon receipt

self-addressed stamped envelope. BREAKFAST . Grapefruit
Homing with Top Milk
Hidden Eggs
Coffee

LUNCHEON (Creamed Tuna Fish with Green Peppers Raisin and Apple Marmalade Barley Drop Cakes A BAKED DINNER (NO BREAD)

Baked Stuffed Potators
Scalloped Tomators
Apple Pudding

BARLEY DROP CAKES

BARLEY DROP CAKES
One-half cupful fat.
Three-quarters cupful sugar.
One-half cupful water or milk.
Two cupfuls barley flour.
Three tenspoonfuls baking powder.
One-quarter tenspoonful salt.
Three-quarters cupful chopped nuts.
Cream fat and sugar. Add beaten
egg and milk. Sift dry ingredients and
add with chopped nuts. Mix thoroughly.
Irop by tablespoonfuls on a well-offed
baking sheet and bake in a moderate
oven.

Prunes Sans Sugar

Cook prunes without augar. They taste just as well. A delicious superless dessert can be made by reducing the prunes to a pulp and beating the together with the whites of eggs until light. Use four eggs to one pound of stewed panies. Put into oven until set and serve with whipped cream.

Poor Overworked Words

It is declared by a philologist that nine words do one-fourth of our verbal work, and forty-three words one-half. The nine most useful words are: And, be, have, it, of, the, to, will, you, Among the thirty-four are: About, all, as, at, but, can, come, day, dear, for, get, go.

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SEE THE APACHE TRAIL OF ARIZONA ON YOUR WAY

sketch is of navy blue, white-figured; the skirt band, pep-lum, girdle and bib of navy serge. The plaited collar is of white georgette in double layers. Going to the Movies in the Land of Cherry Blossoms As we move down the street, says Madeleine Doty writing in Good House-keeping of her visit to Japan, there is one other bit of modernity—a moving-picture show. Gaudy posters that would do credit to Coney Island wave over the door. We leave our rickshaw and step in. We do not remove our shoes, but instead encase our feet in cloth slippers. At first we can see nothing, but we hear the steady drone of a voice. A Japanese movie, acted by Japanese actors and depicting Japanese life is being flashed upon the screen. But a Japanese movie usually has little action, for the Japanese upon the screen. But a Japanese movie usually has little action, for the Japanese seek to hide their emotions. They sit for hours, merely nodding, frowning or smiling throughout the most momentous events. To make up for the inactivity the Japanese have actors and actresses who speak the lines of the silent screen figures. It was this we had heard as we entered. We find a way heart and sit down.

We find a small bench and sit down. But most of the audience sits on the floor-only foreigners and domestics use benches. At our feet is a family party consisting of father, mother, small son and mald. The child is bubbling over with fun. He seems devoted to his nurse He clutches her lovingly. foot is nearer than her hand, it is the big toe he grasps. In Japan, feet are as clean and as exposed as hands. The

as clean and as exposed as hands. The touch of one seems as satisfactory as the other.

Presently mother grows restless. Then the little maid lights a cigarette, takes a few puffs and hands it to her mistress. Now it is father's turn. He is evidently too hot. He loosens his divided, picated skirt and removes it. Men in Japan take off their skirts, not their coats, when warm.

Soon Father has had enough. He

arises, rearranges all his garments and, his toilet completed, moves out. His family meekly follow in the rear without

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My experience of seven years in teach-My experience of seven years in teaching and preaching physical preparedness has been a joy, first from the fact that I have directed hundreds to the knowledge how to obtain a vigorous, alert, effective body, and still more because I have yet to hear of one who has since met with a severe illness or is not Shaky on Grammar? Take a Night Course States Government several hundred cause I have yet to hear of one who has since met with a severe illness or is not in robust health today. Naturally, was conditions are bring-ing a new importance to this great subject of health supremacy for women. thousand dollars. Fruit seeds were to be admitted free of duty under a new tariff act. The printer made it read fruit, seeds. Im-porters promptly claimed the right to bring in free of duty all kinds of fruit where a few years ago an electric cabi-net bath or a body massage was al-most unthought of, except for men, hun-dreds of women have now learned the life-giving results from these treat-ments and are claiming them for their own. They are braving the succession and all kinds of seeds; and the courts upheld their claims. "Good punctuaupheld their claims. "Good punctuation is necessary to make the meaning of written discourse immediately clear," said a famous teacher. If you are shaky on grammar or punctuation take a short course in one of the night schools. It will prove of inestimable value to you, particularly if you are a business weman. We mean these treatments and are claiming them for their own. They are braving the supposed horrors of jogging two or three miles at some gym, doing the various siunts on parallel and horizontal bars, indulging in calisthenies and pulley-machine exercises of variegated forms; punching the bag when suspended from a plat-THE WOMAN'S EXCHANGE Letters and questions submitted to this department must be written on one side of the space only and signed with the name of the writer. Special gueries like those given below are invited. It is understood that the editor does not necessarily indorse the sentiment exception of the continuent of the continuent should be indereased as follows: THE WOMAN'S EXCHANGE. Evening Public Ledger, Philadelphia, Pa. TODAY'S INQUIRIES the is it impossible to make bread enhat is the appropriate Eastertime gift for a man to send a woman? r what purpose was the Gray annaritan unit reruntee? To the Editor of Woman's Pape: Dear Madam-Will you kindly print realise in your column for making automating MOTHER. but is the leading color and material