LETTING OUT THE SPARE ROOM—FASHION CALLS FOR DRAPERY—WOMEN'S LETTERS—RECIPES

KEEPING THREE BOARDERS AND MAKING THINGS PAY

Some Practical Details Outlined for a Reader and Others Who May Care to Go Into This Patriotic Wartime Business

NOW that taking in boarders has become the patriotic thing to do, an answer to a letter apropos of this becomes of particular interest to any woman who is contemplating the plan.

The letter follows:

Dear Madam—I am a woman who has three boarders—two men and one woman. Then there is my husband and myself, five adults in all. Will you please tell me how much to charge them, as I am new at this business. My husband is ill and I want to help him out.

Will you give me an idea of what to serve for each meal? I bake my own bread. What kind should I bake for a change? About how much do you think it will take to run the table for these five adults? If you will kindly help me I will thank you so much. Mrs. A. McC.

You did not tell me, Mrs. McC., whether your boarders are roomers too. When people take in combination boarders and roomers on a small scale the usual rule is to make enough profit to cover their own table expenses. What you actually charge your "guests," of course, depends on the standard of table you set and the accommodations you have to offer. Single rooms bring more than two in a room.

If your boarders are well-paid people who can afford to pay a good price for board you can charge them higher rates and set an according table.

A well-organized boarding house bureau tells me the lowest possible rate in almost any neighborhood that you could extend for rooms and two meals—breakfast and dinner—would be $6 per week apiece. This would not rank as an average rate. A fair average rate for good plain table board and room, the bureau tells me, would be $8.50 a week.

The corresponding rate to the $8.50 for two meals with room is $5.50 without a room. The corresponding cheaper rate without room is $4.50.

The rule is, I might add, that men must pay more to live out this way than women. For one reason, because men eat more than women and for another, on the whole, they are paid more.

TAKING the very low rate, say, charging $6 a week for the woman and $7 apiece a week for the men, you would be getting $20 a week. On this, then, you would aim to cover the entire table expenses of your family, including boarders and yourself. I cannot outline in detail what to serve for each meal, but I can give you an idea of the kind of food to be expected for this amount.

For breakfast inexpensive fruits, cereal and either an egg apiece or some sort of creamed fish or dried beef and coffee. For dinner on Sunday a roast, which will serve for a cold meat supper in the evening and a meat pie with vegetables on the following night; on Tuesday you might have hamburg steak; on Wednesday, a soup, using leftover vegetables and the bone from your roast, with this serve pork chops; on Thursday have lamb stew, made tastefully in a casserole; on Friday, mackerel, with a can of tomato soup heated and poured around it for sauce, and on Saturday have steak.

This is mainly the meat part of the meals I have quoted. You will, of course, have to build around it. Potatoes and one good helping of vegetable ought to go with each dinner. Once in a while have salads and every night some simple sort of dessert. The dessert will include itself in your fruit, sugar, milk and egg bill.

It is possible to save on a dinner through the week, sometimes, and then to have a particularly nice roast chicken dinner on Sunday. For instance, one night you might have scalloped salmon, and thus save on your meat bill.

As to the breads, serve corn muffins or hot cakes for a change in the morning, oatmeal drop cakes, or any of the many wheat substitute loaves and muffins you see described in the paper. To help you out, I am sending you a Government pamphlet that contains many recipes.

KEEPING boarders is a matter of buying economically and of using all you buy and serving well what you do buy. Variety is not hard to achieve if you get a good cookbook, and boarders are not so hard to please if you see that food is always served piping hot when it should be hot and cold when it should be cold. The big thing about making ends successfully meet and having a little income left over is the bargain, as you are apt to have, Mrs. McC., since your own family is so small, is to make clever use of leftovers. Be thrifty, study your boarder family, and I think you will succeed.

Women's War Work in Washington

The support of 22,000,000 school children in 18,000,000 homes was promised by Mrs. Mary C. C. Bradford in her address at the conference of American Lecturers at the Washington Hotel in Washington, D. C.

"When you reach the school children," said Mrs. Bradford, "you reach almost every home in the United States, and every school within the public school system of the country has announced its willingness to be used by the Government. When you realize that of the 1,650,000 teachers the majority are women, you see what an important field for work has been put in the hands of women.

"The schools are the country's second line of defense, and with one accord they have adopted the words of General Joffre, 'They shall not pass.'"

Soup Kitchens

Several soup kitchens are in operation in Constantinople, established by various racial communities and operated by the different churches and mosques there, according to Dr. William W. Peet, recently arrived in the United States after thirty-six years of service in Turkey and for the last twenty years in charge of the American Board of Foreign Missions. "This work is conducted under the auspices of the Turkish Red Crescent, an organization similar to the American Red Cross. Turkish women assist in the canteens. They are splendid workers, fine characters and very genuine," said Doctor Peet.

WORLD MOVEMENTS AID WOMAN'S CAUSE

EDITORIAL FOR WOMEN BY A WOMAN

By MRS. FRANK T. GRISWOLD

Chairman of Meetings Committee of the Woman's Liberty Loan Committee

MRS. F. T. GRISWOLD

I want to think of our parade on Saturday, April 20, and of the message it carried through our streets. It was not an amiable afternoon; there were sharp winds and gloomy skies, but the order had gone forth—"rain or shine"—and so for rain or shine we were there.

I wonder if those who stood watching us knew how we felt, what we were thinking as we, the women of Philadelphia, walked by. Our orders were to be serious, but we did not need to be told that we were the women of our city privileged to demonstrate the mighty call of service of the war, and we hoped as far as it was possible to each onlooker we might bring some of the seriousness of these times and the great chance for women to show that they are not second in patriotism and usefulness. Our woman's Liberty Loan committee was called at the request of the Government because it recognized the help which only women could bring, and if we are unselfish in our service through this great crisis we shall have done something for the whole cause of women for all future time.

It is very right that we should take such a part in a war for freedom, for every great movement through the world's history in behalf of liberty has furthered the position of woman, bringing her possibilities of education or independence and equality with men such as have been noticeably lacking in those lands where military power is the first aim of its Government.

Germany and its detestable friend Turkey are hand in hand in every effort to suppress the personality of women. German women, to the superficial observer, would seem not to be classified with the Turkish women of the harem, but to one who has lived in Germany as I have and seen the little consideration allowed to the wife and mother I feel that I can speak with conviction. The man is the soldier, and as such receives all the consideration from the State. The expensive uniforms make it impossible for the average German wife to dress herself with any style or luxury. She is always the one to be sacrificed in the home and in order to encourage the man to be willing to give the best of his strength and time for military exercise. He must be flattered by the homage that he everywhere exacts by his uniform. It is he who enters the carriage first, who has the best seat, for whom everything in the street makes way. The officer is the bully of that country, and it is necessary that it should be so or he might lose his enthusiasm for his autocratic task.

Now that the war has come it is no surprise to those who have seen him in his home that he should prove one of the most overbearing and detestable of conquerors whenever a dearly bought victory is his.

The women of America have too long enjoyed the blessings of courteous consideration, and equal privilege in the eyes of the law to fail now to do their utmost to preserve those rights and privileges, not only for themselves, but for their children as well. They were perhaps the first in our country through compassion to realize the need for help of those in France and Belgium and through that experience of helpfulness they have spread from end to end of our country splendid propaganda, which has been of inestimable value to our country, now that it has become necessary to call its men to the training camps to prepare for war. They will work now, and they will not cease their work until those trained armies return victorious, and then, I know, the women of America will not be afraid to go out to welcome them, knowing that they, too, have tried to do their part.

Alice Griswold

FOOD SUPPLY SCANT ON GERMAN RAIDER

Crew of Wolf Also Suffered for Clothing, Says Ex-Prisoner

WORSE ON PRIZE VESSEL

Captain of American Bark Sunk by Pirate Tells of Experiences and of Escape

New York, April 29.

Among passengers who arrived aboard a Norwegian liner were three Americans—man, wife and child—who had passed seven months, ending February 26 last, aboard the German raider Wolf and her Spanish prize the Ignetz Mendi, of Bilbao. They were delivered by accident off Jutland.

The American family that grinned and bore this novel but decidedly unpleasant experience is composed of John Stanley Cameron, formerly master of the late American bark Beluga; his wife, Mary G. Cameron, and their ten-year-old daughter Junta.

The Beluga, while en route from San Francisco to Australia, was boro to by the raider on July 9 about 500 miles east of Sydney. The captain, his crew of twenty-one and his wife and daughter were transferred to the raider. The bark, containing benzine and foodstuffs, was then sunk by shellfire.

Food Scarce on Raider

Captain Cameron says they were treated as well as could be expected, but food was scarce aboard the raider in the intervals between prizes and that there were 250 German mouths to feed and 400 odd belonging to prisoners. The crew, too, was badly in need of clothes, so much so that Captain Cameron voluntarily shared his wardrobe with some of the worst off members, who, according to his account, must have looked like the pirates of old, most of their clothes being worn on their heads. Head coverings, as he explained, were absolutely essential, as the vessel headed into the Indian Ocean and approached the equator.

In the Indian Ocean men with wives and the sick were transferred to the prize. This was on November 16. It was not long, Captain Cameron said, before the transferred had cause to regret what had first been regarded as good fortune. The raider had been commanded by a commander of the German navy; the prize was commanded by a junior lieutenant of the German naval reserves.

Rescue Comes as Surprise

On the raider short rations had not been felt so keenly, as the commander saw to it that the prisoners fared as well as the crew. On the prize, however, the junior officer not only fed the crew sumptuously as compared with the rations allowed the prisoners, but seemed to take a certain pleasure in emphasizing the fact.

The prisoners were to have their revenge, however, and at a time and from a quarter least expected. As raider and prize were making for the Kiel Canal on February 26 the prize stopped with a suddenness that shook her and scattered people and things in all directions. She had grounded near Skagen, Denmark, and the Danish Government promptly seized her and freed the passengers.

"I was mighty glad I didn't have to go to Germany," Captain Cameron grinned. "But if my wife and daughter hadn't been aboard it would have been worth it almost to hear what the Kaiser will say to that junior lieutenant. He won't get a chance for some time, however, and I guess that fellow is glad of it. He's interned in Denmark."

Of the crew of the Beluga four are prisoners in Germany, having been taken in by the raider; one died of heart trouble and eight returned in the steerage of the vessel that brought Cameron. The remainder are still in Denmark. The prisoners include Chief Officer Buckert, sixty-four years old.

Captain Kokoamo, of the Japanese steamship Hytachi Maru, a prisoner, committed suicide on arrival at Kiel. Cameron learned before leaving Denmark.

Women Mine Workers Opposed

Nesquehoning, Pa., April 29. — The United Mine Workers are bitterly opposed to the working of women at the collieries of the Lehigh Coal and Navigation Company, and are making a vigorous protest. The company will be notified by the officials of the mine workers to discharge these women before May 1, otherwise a strike will be declared.

GIRL WORKERS TOO FRIVOLOUS, REAL BUSINESS WOMAN FINDS

Miss Sallie A. Moore Says They Do Not Seriously Seek Advancement

Want Authority, but Will Not Work Hard Enough to Deserve It

SALLIE A. MOORE

Few women who work do so with any plan or any intention of rising to prominence in their line of endeavor, and most of them have their eyes on salaries of only $20 or $25 a week. That is the opinion of Miss Sallie A. Moore, who has fought her way up through the ranks of men and women workers to the head of one of the most successful letter-writing, letter-duplicating and addressing organization of the city.

In an interview she declares that most girls or women are more interested in looking pretty than in doing their work well. She says women like authority, but are not willing to fight and prepare themselves for it. They prefer to win their way to it rather than earn their way to it.

"Why women fail in business, when they do fail, may be traced to the same reason that this fair country of ours failed to jump on the Kaiser when the Lusitania went down—lack of preparedness," said Miss Moore.

"You know, not all women who work do so with a view to preparing themselves for a future in the business world. Most women go to work when young because they must earn a living; some because they want spending money for the frills and fancies of life; but few of them enter the world's workshop with a vision that pictures them as the future head of a great firm. In fact, most girls—and I have come in contact with a great many in various lines of industry—do not want to be bothered with responsibility. They rather like to be in authority, to show off and lord it over the lesser lights or less good-looking. It tickles their vanity to have the 'boss' notice them. When his bell rings the hair is patted this way and that, the nose is powdered and a rush made for the private office even though the dictionary is thumbed over afterward and all the rest of the office force must help to get the information desired by 'Miss Pert' to help her hide her lack of knowledge.

"Few, if any, plan on entering an office, mill, store, shop or bank to become either the head of that institution or one similar to it. Even the brightest and most intelligent are satisfied to get a rise up to $20 or $25 per week and then look forward to the time when they can leave it rather than to the time when they might 'boss' it. Perhaps they are wise in their unwisdom, but had girls been trained to work not so much for its pecuniary recompense as for the value they could give to the world by their fully developed abilities, what a wonderful state of affairs we would have now instead of the present chaotic conditions of the labor world!

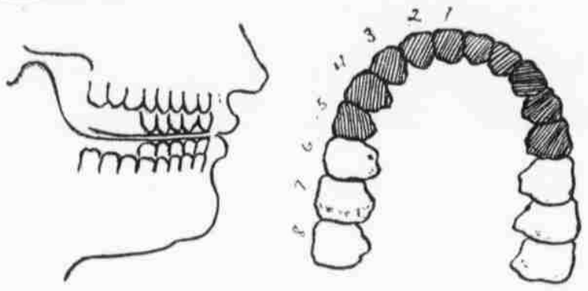
"True, women are valiantly coming to the fore, filling the gaps made by the war, doing any and all things demanded by the times, even to parading down Broad street with the suffragists last Saturday, as our ruffle-suffs did, forgetting for the nonce their battlecry, 'Woman's place is in the home!' Another reason for women failing is their lack of co-operation, co-ordination. Go to a meeting of women even in this day of meetings of all kinds, with one for every hour of every day, and you'll find over the adoption or rejection of some simple motion as to the best method of doing something equally simple more time wasted and lost than our boys would take to fight a battle. However, we have yet time to instill into the minds and hearts of the workers of today, those who are entering the arena, that the foundation, the keystone to success in any chosen field is honor."

MOTHERS' PROBLEMS

For the Children's Year

By MARY L. READ, B. S.

Director of the School of Mothercraft War Service



At the left is a diagram illustrating the development of the first and second sets of teeth in the jaw, at birth. Babies are sometimes born with some teeth already out. The diagram at the right illustrates the first and the permanent teeth. The first five teeth on each side (shaded in the illustration) are the "milk teeth," which are shed for permanent teeth at about six years of age. The sixth, seventh and eighth teeth are permanent.

A Child's Teeth

(Copyright, 1918, Public Ledger Co.)

SOUND teeth are essential for health and for happiness. No expert specialist is required to provide children with sound teeth. And yet most of the children in America are suffering from defective teeth. It is estimated that on an average of every ten school children eight have one or more dental defects of their teeth, that even more of children under school age have such defects.

Every night a million American children suffer disturbed sleep from toothache. Every day more than a million children are unable to eat properly the food that is set before them, because their teeth are so painful, missing or displaced. Every day several million children are being slowly poisoned by the gases, pus and germs of their own defective teeth.

Have you special problems with children? Send them to Miss Read, in care of the Evening Public Ledger. Write your questions distinctly on one side of the paper only. State age of the children in months and whether boys or girls.

An aching tooth is the final certificate of weeks of negligence or error. A gumboil is evidence of a decaying tooth protesting at both ends. A tooth cannot ache until so much decaying food and tartar have accumulated as to destroy the enamel so that the poison has eaten its way into the inside of the tooth.

To wait until a tooth aches before going to a dentist is as sensible as to wait until the undertaker is needed before calling a physician.

The enamel of the teeth is normally a hard, thick, protecting substance. If the food for a child (or for the mother for several months before his birth) does not supply enough material for the enamel, this will be thin and easily destroyed. If his jaws have not enough hard exercise, or if he has too much of clinging, fermenting foods, his teeth will suffer.

Defective teeth are not merely aching teeth or teeth with cavities. Irregular, crooked or projecting teeth are a menace to health as well as being unsightly. They prevent sufficient chewing of food and may cause deformities of the mouth which will lower the child's mental ability and his moral conduct.

Both the first and the second sets of teeth are already formed in the jaws at birth. The "baby teeth" are not simply loosened and dropped out. Much of their substance is normally absorbed to form the permanent teeth. If the first teeth are neglected and allowed to decay or pulled too early, the second set will not be so strong.

A daily brushing is far from sufficient for maintaining normal teeth. Effective care requires the right kind of a toothbrush, used correctly and kept antiseptic, otherwise the daily brushing may be a menace. Toothmaking food is required, and tooth-injuring food is to be avoided. A visit to the dentist every six months after the year one is necessary in order to keep the teeth clean, to prevent the beginning of tooth-decay and to correct crookedness.

(If you do not know how to feed children or mothers for toothmaking, what kind of toothbrush to use, how to keep it antiseptic, send your inquiry to this department.)

WEDNESDAY—A CHILD'S SUMMER CLOTHING

Mice Eat Stamps

Mice one night recently secured entrance to the money drawer of the Northern Pacific ticket office at Livingston, Mont., and made a heavy meal on some thrift stamps there. The stamps were not totally destroyed, and it is hoped they will be redeemed.

ADVENTURES WITH A PURSE

SERVICE-FLAG PAPER FOR WRITING TO HIM

And Other Stationery That Appeals to the Woman of Letters

"SHOW me a woman's letter," a man was once heard to exclaim, "and I will tell you whether or not she is well born." I am sure that this person of such remarkable perception was not alluding to the subject matter of our letters, but referred merely to the general form and stationery we use. Our correspondence need not be on elaborately monogrammed or expensively engraved stationery, but at least the paper must be well appearing and perfectly fitted as well as matched to its envelope.

Nor is there any excuse for letters written on odds and ends of paper, when such excellent quality note paper and distinctive correspondence cards can be secured at prices which are most reasonable.

The practical woman whose correspondence is rather heavy will find it a very good plan to purchase her stationery by the pound. She can secure some excellent old English fabric for twenty-five cents.

Then there is a very nice linen paper which comes boxed and is to be had for fifty cents. This is offered in a variety of colors, and includes tan, lavender, pale pink and gray. Whose fancy has not been caught by the thought of a little note on tinted paper?

To be sure, if something very different and uncommon is desired, the stationery which will probably prove most tempting is the tan paper edged with a border of red, and with red on envelope flaps.

Then there is the very unusual writing paper in white with a little service flag at the top. It can be secured with as many stars in the flag as you desire. The boy "over there" would love to have a letter from you written on that paper. You are very apt to want a fifty-cent box of this, whether or not you choose any additional kinds.

For names of the shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, Evening Public Ledger, or phone the Woman's Department, Walnut 3000.

WARNING AGAINST HOARDING ISSUED

Heinz Orders Dealers Not to Keep Certain Foodstuffs in Excess Quantities

As another step in the conservation of food supplies and to prevent hoarding by food dealers, Howard Heinz, United States food administrator for Pennsylvania, has issued the following order, directed to all grocers in the State:

"The merchant shall not, without the written consent of the United States food administrator or his duly authorized representative, keep on hand, or have in possession or under control, by contract or other arrangement, at any time, any food commodities in a quantity in excess of the reasonable requirements of his business for use or sale by him during a period of sixty days; provided, however, that this rule shall not prevent the merchant from storing, in sufficient quantities to fill his reasonable requirements throughout the period of scant or no production, any of the following commodities: Cheese, butter, fresh fish, frozen fish, fresh fruits, fresh vegetables, poultry, eggs, canned peas, canned tomatoes, canned corn, canned salmon, canned sardines, dried prunes, dried apples, dried peaches, dried raisins, molasses in bulk, pure maple sugar and pure maple syrup.

"Provided further, that this rule shall not prevent any merchant from having a carload of any commodity in transit in addition to a supply thereof sufficient to last until arrival of said carload.

"The merchant shall not sell or deliver to any person any food commodities without the consent of the United States food administration if the merchant knows, or has any reason to believe, that such a sale or delivery will give to such person a supply of any such commodities in excess of his reasonable requirements for use or sale by him during the period of sixty days next succeeding such sale or delivery; provided, however, that this rule shall not prevent sales or deliveries to any person of any of the commodities specified in the preceding rule in such quantities as will give such person a sufficient supply of such commodities to fill his reasonable requirements throughout the period of scant or no production."

FOOD ADMINISTRATION TO CONTROL ICE PRICES

Plans to License Dealers to Prevent Profiteering—No Advance Expected

Ice at last year's prices is virtually assured for this city.

The enormous crops of natural ice were harvested last winter at a cost far less than that of manufactured ice. Ice companies in many parts of the country, the food administration says, have evidently been preparing the public for sharp rises in prices by citing the scarcity of ammonia and the certain reduction of ice production this summer.

As a result, the food administration has decided to take over the supervision of ice distribution this year, to see that food interests are not menaced by excessive prices, Washington dispatches state.

Licenses will soon be issued by the food administration which will oblige ice dealers to charge no more than will assure them a fair scale of profits, virtually assuring consumers here and in other large cities of ice at last year's prices.

Conservation

If we are going to win this war we must conserve our resources.

Conservation of fabrics is next in importance to conservation of food.

You can do your bit by having your wearing apparel and household articles rejuvenated by cleaning and dyeing at little expense.

Phone Walnut 6565

Primo Dye Works

Cleaners and Dyers

Wholesale and Retail
510-12-14 S. 13th Street
211 S. 15th Street

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 given below are invited. It is understood that the editor does not necessarily indorse the sentiments expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. What combined organization of women opened its biennial convention at Hot Springs, Ark., today?
2. Who is Margaret Clothilde MacDonald?
3. What is the most beneficial position to take when lacing or buttoning the shoes?
4. What food of all foods comes nearest to being a complete diet in itself?
5. How many calories or units of food value are required each day by a two-year-old child?
6. Name four portions of food suitable for the two-year-old child that contain 100 calories each.

Ignore the Letter

To the Editor of Woman's Page:

Dear Madam—My husband received an ugly letter two days ago from his cousin in which she told him she did not like me and never would. She told him she was sorry he had not gotten a better wife, and said all kinds of mean things. She told him not to show me the letter, but he did, as he does not keep things from me. I would like to write and tell her what I think of her, and would be obliged if you would word a short, sharp note for me. OUTRAGED.

I am sorry, my dear little friend, that your husband's cousin should have been so unkind. But if you will take my advice you will not lower yourself by writing to her. Naturally, you cannot be on very friendly terms with her, but be polite when you meet and show that you at least are a lady, and have the self-control which she evidently lacks.

She has probably become angry for some foolish reason and will regret her letter to your husband. My advice is that both you and your husband ignore the letter. That is a better way to do. People hate to be ignored, and so the punishment for the cousin will be there, without a want of dignity and charity on your part.

Mock Sausages

To the Editor of Woman's Page:

Dear Madam—Could you please print a recipe for making mock sausages? Thanking you for this and many past favors, MRS. N.

The ingredients are one-half cupful dried Lima beans, one-third cupful bread crumbs, three tablespoonfuls margarine, one-quarter teaspoonful salt, one half-teaspoonful sage, one egg and a dash of pepper.

Pick over and wash the beans, cover with water and let soak over night. Drain, cook in boiling water until tender, about one and a half hours; force through a strainer and add the remaining ingredients. Shape into the form of sausages, roll in crumbs, beaten egg and crumbs again. Saute in vegetable fat until deep brown. It requires about two-thirds cupful of crumbs and half an egg for dipping the sausages. One-half a cupful of lima beans yields one and a quarter cupfuls soaked. This amount makes about five sausages. The recipe comes from the Economy Cook Book.

Odd Use for Sprinkling Can

To the Editor of Woman's Page:

Dear Madam—I am passing these few hints on to your readers with the hope that they may help others as they have helped me. Just little things. But I have frequently put you to such trouble that I feel I would like to return and to do my bit for the exchange.

We use an ordinary garden sprinkling can in our house for rinsing the hair after shampoos and find this very convenient. We save all the rubber swimming caps used in the summer for dust caps to serve the rest of the year. They are not very beautiful, but at housecleaning time they certainly manage to keep out all the dust. I make excellent bibs for my baby out of handkerchiefs. It takes about four of these and a piece of wadding of Canton flannel.

Now I have helped.

A DAILY READER.

And you have helped. Every little bit of helpful advice is welcomed by the readers of the exchange. Perhaps some of you will take my advice and try the sprinkling can and handkerchief bibs. Let us know if you succeed in your work.

SATURDAY'S ANSWERS

1. Florence Wyle is the Illinois girl chosen by the Canadian Government to make the huge marble statue planned as a memorial of Edith Cavell, the English nurse executed by the Germans. The funds for this were raised by Canadian school children.
2. Spiral socks are those knitted without any heel. They are shapeless, but soft and greatly liked by our boys. They are said to outwear three pairs of socks knitted in the ordinary way. These are the Australian socks that can be knitted two at a time.
3. Tie new sports sweater with the pocket hem is an aid to the golf player, as it affords a place to carry the balls.
4. Serge that has become shiny can be restored by laying a piece of dampened crinoline over the shiny part, covering this with a dry cloth and then pressing with a hot iron. This makes the crinoline adhere to the cloth. When it is pulled away quickly it will raise the nap of the material and take away the shine.
5. Odd pieces of silk and velvet can make very smart flower and leaf trimming for hats. Simply cut the pieces petal shape and glue them back to back on pieces of ribbon wire shaped in the same way.
6. It is better to use a spoon than a fork in turning meat that is boiling, as a fork pricks out the juices and makes the meat dry.

A Word to "Lonely Girl"

To the Editor of Woman's Page:

Dear Madam—Am deeply impressed with two letters in this date's issue, one of them being "A Strange Case." You have done what you could, but I hope you will keep better tabs on it and let us know how the grandmother makes out. The cases of helpless childhood in this, our day and age, almost make me doubt a loving father. Having been a little orphan myself—born with a will and natural determination, cultivated by an unusual mother, whose doing words were the greatest heritage any child could receive—I marvel at the sheer helplessness of children, not more than kittens, born under perverse and demoralizing circumstances. A tiny piece of clay we call a child, and what do we make of it? I marvel at woman's busy energy today. Nine times out of ten it is misdirected for permanent good. Like picking dead leaves from a dying tree instead of digging it up root and branches, that no sign remain of the evils that destroy.

The second letter I was interested in was that signed "A Lonely Girl." So many like that child are helpless. Somebody's fault. They remind me of Ella Wheeler Wilcox's poem of the timid creatures: I do not recall the title of it, but it's great. I'd like to be a preacher to a million such children. I'd inspire them as my American mother of the fearless nature inspired her own. Of course, all cannot be of the same degree, but all can be helped and improved upon.

Many and most of my friends are youths little children and those up to thirty years of age. I am fifteen.

Your answer to a lonely girl is that we consult to introduce youth. Is it out of order to ask for the address of the "Lonely Girl?" I will do my own introducing.

For years I was a Sunday school teacher and can readily tell you where.

Yours for a better and nobler white man's race, a better world where there'll be no lacking self-sustainers and no Orphan Annies and no institutions. MRS. R.

I did all I could in the case of the grandmother, Mrs. R., because she did not furnish her name. A woman's editor is not always as hard-hearted as she may appear through her column. I am going to try to find out more about this matter if it is possible to reach the case through the courts without being able to furnish names.

About "Lonely Girl" I would be glad to furnish you with her address if it were in my possession. Quite those odd frames held for answers from readers are filled and in this case I did not ever get answers. If "Lonely Girl" will send her address I shall be glad to forward it to you. Can't you see our viewpoint, Mrs. R., how unwise it would be to introduce this young girl to others her age, whom we know nothing about? I would like to open a great big hall and introduce all the lonely people who ever write to me if I could afford it, if they were the kind of people who ought to meet each other. But, you see, I cannot. I know you mean well, very good indeed, to bring some such wish you expressed in your work.

Tomorrow's War Menu

The recipe for any dish mentioned here will be forwarded upon receipt of a self-addressed stamped envelope.

BREAKFAST

Sliced Bananas and Oranges
Creamed Shrimps
Cornmeal Batter Cakes Coffee

LUNCHEON

Corn Rarebit
On Whole-Wheat Toast
Lettuce Cocoa

DINNER—No Bread

Pork Chops in Casserole
Glazed Baked Potatoes Currant Jelly
Cornmeal Apple Dumplings

CORNMEAL APPLE DUMPLINGS

Mix one-half cupful of cornmeal and one cupful of cold water. Add this to two cupfuls of boiling water and let boil fifteen minutes. Have ready five apples cored and pared. Place these in a greased baking dish. Cream a quarter cupful of sugar, a quarter teaspoonful of cinnamon and a tablespoonful of butter. Add this to the cornmeal and pour over the apples. Then spread a quarter cupful of brown sugar over this. Let bake in a moderate oven for an hour and a half. Serve with cream or the top of milk.

CORN RAREBIT

The ingredients are one pint of canned corn, one-half can of pimentos, two teaspoonfuls of salt, one-eighth teaspoonful of pepper, one cupful of grated cheese and six slices of stale bread.

Cook the corn, pimentos and seasonings slowly for fifteen minutes. Toast the bread on one side and arrange on platter with the toasted side up.

Remove corn from fire, add cheese, heat vigorously until melted, pour over toast and serve.

A Prayer

Just to be pitiful and kind
Is all I ask;
To help some one who does not love his task
Of living, or some one who is blind
To joy, or very weary or afraid.
I am so young, so useless now,
Heart of the World, let me more plainly feel thy throbbing!
Just to be pitiful and kind
Is all I ask.

Louise Townsend Nicholl in Good Housekeeping.

Nine Times Out of Ten, It's Serge

A Daily Fashion Talk by Florence Rose

SERGE, then more serge—satin, and then more satin—then the combination of the two! This is the story of the trotteur dresses for the spring season. You will find the same refrain everywhere and, although you may deplore the monotony of it, you can't fail to find that is pleasing, and a great deal that is serviceable and practical in the serge frock.

Nine times out of ten, the serge dresses this spring are of navy blue, which is the fashionable color for the season. There are a few who thought this repeated use of the same color and the same fabric indicated that women would take to the standardize dress, but to me, it is a sign of other things. The women, as a whole, are desirous of getting a material that will wear, and serge has long been on the honor roll for service. The color of navy blue as a selection naturally follows, inasmuch as serge is more attractive in blue, than in any other coloring.

When I saw the original of today's sketch I knew you would welcome it. The front of the bodice is plain with a deep rounded neck-line, which shows a chemisette of batiste and filet to match the collar, which you note at the back.

The skirt has a wrapped around effect quite narrow at the ankles and the right side of the skirt is draped up. The back of the waist and the loop on the skirt are decorated with flat steel buttons. The snug sleeves are finished almost to the elbow in the same way.

The narrow belt is of the serge and the long ends are trimmed with deep black silk fringe.

Inquiries are solicited and may be addressed care of this newspaper.

(Copyright, 1918 by Florence Rose.)

The blue serge frock in the sketch has a wrapped-around effect at the ankles and a fetching little drape on the right side. Flat steel buttons finish off the back of the waist and the loop on the skirt. A chemisette of filet and batiste dresses the neck line, which is deep and rounded in the front.

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