# EVERYBODY IS MAKING PATCH-WORK QUILTS FOR SOLDIERS—OTHER NEWS TO INTEREST WOMEN

## A BACK-TO-THE-QUILT MOVEMENT IS ON FOOT

### *Urgent Need for Bed Covering for the Wounded in France Has Recalled the Old-Fashioned Patch-work and Quilting Is In Again*

THE old-fashioned quilting bee is with us again. To her who has a hankering for patches—the reds, the blues, the dull golds that pile up like bits of history, in a woman's life—the news will be particularly welcome. It is a grateful word, too, to fingers that have never learned to knit.

For the quilting-bee has been called back for the sake of the boys. Word comes from the American Fund for French Wounded that bed clothing for the wounded soldiers is very badly needed in France and that the genuine old-fashioned patch-work quilt is particularly welcome.

MAKING patch-work quilts has always been quaintly fascinating work. Now is the patriotic moment for women to return to it. There couldn't be a better reason for us to ransack our minds and our clothes closets for scraps than that soldier boy over there, who has enough to bear without running shy of bed clothing.

The dark woolen scraps are prime favorites for the wartime patch-work quilt. The pieces are cut into squares. Then they are buttonholed with bright-colored yarn, and finally crocheted together. The crochet yarn matches the buttonhole yarn in color.

ONE very original woman in a Southern State went at making quilts with vigor and enterprise. She went about among dressmakers and tailors and begged woolen samples that would have some warmth to them. The result has been several very worthy while quilts. One was made entirely of the tailors' samples. It is not hard to imagine that this brightened up with the bright yarn will be sure to win a soft spot in the heart of some soldier boy.

In another state, in a certain little city, a regular back-to-the-quilt movement is on foot. The women hold old-fashioned quilting-bees just as they did in the days of our grandmas. Sometimes these are in session in the afternoon, sometimes in the evening when the men can come and smoke and play the phonograph. Scraps are traded and little stray memories come to life as the women sew. Sometimes it is very hard to remember that the year is 1918.

IT IS not very much to ask, is it, that these pile little patches be mobilized and take their place in the great world war, too? Yet the good that can come from enough of them cannot be overestimated.

When *some* quilt is finished send it to the American Fund for French Wounded, 73 Madison avenue, New York city. It will be forwarded to France.

## Alice Kent and the Day's Work

### *The Story of a Business Girl Who Would Not Fail*

By MARTHA KEELER

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THE last day of my employment at the library Mr. Greve called me into his office and complimented me on the way in which, though a latecomer on the job, I had surmounted obstacles and had not only followed instructions painstakingly, but also shown initiative. "Miss Kent," said he, removing a pile of books and charts in order to offer me a chair, "it is a pleasure to tell you that you have been more than satisfactory."

When I had seated myself he dropped into his old padded office chair and busied himself with the dusty disorder of his desk, keeping on meanwhile with question and comment. "Now, if you happen to know of any other philanthropist who could be persuaded to give us some more books and a place to put them in—we must be sure to insist on that, for this old building is crowded to the limit nowadays—just tell us his name. We'll get in touch with him at once and hire you to keep track of the details."

I smiled in recognition of his pleasantry and he continued in more serious vein: "But such a windfall as this bequest is rare. There has been nothing like it in my service here. And I'm sorry we can give you no more work." The librarian must have discerned the question which even then was tumbling from the broad shelf of my mind, for he picked it up and once for all disposed of it. "What's worse, I don't know of any job elsewhere. Unfortunately, there's very little doing summers in our town."

"So I heard," said I, remembering Mrs. Denton's gardener, "the first day I got here."

At this he wheeled around sharply in his chair. "Whatever made you think of coming to a place like Bellington in the summertime?"

Without knowing it, Mr. Greve was here venturing on dangerous ground. I hesitated, and an instant later, when three men came hurrying into the office to confer with him on a matter of importance, I seized the opportunity to leave.

The library was on Chanel street and as I descended the front steps a Lake View car came into sight. Five fare where to go. I stood watching the street car and wondering if I could afford to ride out to the Y. W. C. A. The motorman, who saw me standing, thought I signaled him; he in turn when opposite the library motioned me to the street corner which was the car's regular stopping place. I followed the suggestion and sooner than it takes to tell it had jumped on board and dropped a precious nickel in the box.

Early in my stay in Bellington I formed the habit of going out to see the Y. W. C. A. employment secretary at frequent intervals, when I thought she was tired of the sight of me—and this was often, too, instead of calling in person, if in self-denying mood I would telephone. But today I wanted to see her, even though I grudged the nickel for carfare. When we have a job—even a temporary job—there is always the chance that it may last longer than it promised to, but soon discovering when out of work that an acute case of unemployment is in danger of developing into a chronic state, through bitter experience we learn to stretch every cent to the utmost. Yet I realized that it was too warm to walk both ways; later on it would be cooler to walk home.

And beneath all this balancing of financial pros and cons was the conviction that if I could have a personal interview with the employment secretary that very afternoon and tell her just what Mr. Greve had said, it might spur her to renewed activity in my behalf. And so, lapsed up to the conscousness that I had acquitted myself well in job number one, and that number two was bound to follow in due time, I settled down beside an open window—delectable bath because of scenery and the lake breeze—and prepared to make the most of this car ride. "There's no knowing when I shall have another," kept running through my mind.

(CONTINUED TOMORROW)

## Tested Wartime Recipes

**Potato Souffle**

Three tablespoonfuls corn oil.
Two and a third tablespoonfuls rice flour.
One cupful milk.

Stir the rice flour into the oil, place on stove and add milk slowly till it thickens. Add yolks of two eggs, beaten slightly with a little cold water, one scant teaspoonful salt, paprika to taste and one-half teaspoonful chopped onion if desired. Take from stove and add one cupful mashed potato. Fold in the whites of the eggs beaten very dry. Put in baking dish and bake in hot oven for forty minutes.

**Creamy Eggs With Cottage Cheese**

One cupful milk.
One tablespoonful flour.
Four eggs.
One cupful cottage cheese.
One-quarter teaspoonful soda.
One tablespoonful butter.
One-eighth teaspoonful pepper.
One-half teaspoonful salt.
Paprika.
Parsley or pimento.

Make a thick sauce with the milk, flour, butter and seasoning. Cook five minutes and pour gradually on the cheese, which has been neutralized with the soda dissolved in a little of the milk. When the cheese and sauce are well blended, return them to the top of the double boiler and reheat over hot water. Beat the eggs slightly, pour them into the warm sauce and mix well. As the mixture sets in a soft custard on the bottom and sides of the boiler scrape it up carefully, forming large soft curds. The mixture is cooked when it is of a creamy consistency throughout. This quantity will serve eight or more persons.

## A Windshield Cleaner

An inexpensive device that can be made at home and will keep the windshield of your automobile clean in spite of rain and snow is described in the Illustrated World. First secure a piece of untanned sheepskin and slip the wool on about one-half inch in length. This piece of skin should be cut in the shape of a square about four inches in diameter.

Wet the wool side and rub it on the windshield. The grease in the wool adheres to the glass, and though not visible to the eye will prevent patches of water from remaining on the surface.

## Six Wheatless Dinners

Uncle Sam prescribes the following week of wheatless dinners for patriotic Americans:

**MONDAY**

Have plenty of potatoes. No bread. Make cruet for pie with cornmeal.

**TUESDAY**

Serve no bread. Use brown pepper of potatoes. Try a chop suey with a cornmeal crust. Have a cereal dessert such as rice pudding.

**WEDNESDAY**

Plenty of potatoes again and a cereal dessert such as Indian pudding.

**THURSDAY**

Make potatoes take the place of bread again and for dessert you might have tarts with oatmeal crust.

**FRIDAY**

Potatoes again and how about a barley pudding?

**SATURDAY**

Serve hominy as a vegetable with the fish and then as usual, have plenty of potatoes. Oatmeal fruit meringue would be a good dessert.

### Barley as Breakfast Food

Two cupfuls water, one-half teaspoonful salt, one-half cupful barley meal.

Boil water, add salt and barley meal, stirring constantly. Cook in double boiler one hour or in fireless cooker twelve hours. Serve with hot milk or cream if desired. Dates or raisins cooked with the cereal make a pleasant variety.

### *Women Will Give*

Because most women are mothers they will give to the greatest mother of all—the War Chest. All hearts are close to France, but a woman's by its nature must be the closest of all!

## MOTHERS' PROBLEMS

### For the Children's Year

By MARY L. READ, B. S.

Director of the School of Mothercraft War Service

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### *WHEN YOU TRAVEL WITH CHILDREN*

When traveling with children is necessary, the risks from excitement, dirt, infections, changes in living and various discomforts can be lessened by forethought and preparation before starting

A JOURNEY with children, even a short one, may be made with little risk of mental or physical harm to the children if some forethought and preparation. It is far easier and safer to travel with children than it is to leave them behind, especially when they are under eight or nine years of age. The excitement of the journey, the change of diet, lack of sleep, fatigue, and the dangers from infection are more serious when one is alone with the children than when one is accompanied by a friend who can share the responsibility and help in the care of the children.

**FOOD AND DRINK.**—A supply of safe water should be carried both for drinking and for washing the hands. It is not advisable for children to be given the water from faucets on the train to drink. It is also safer for children to have an ample supply of paper drinking cups or a cup of some unbreakable ware for the younger children.

Children are less likely to bear an upset stomach or to develop if they have not been fed for several hours before starting on a journey. And it is a good thing, both for the parents and for the journey, to eat only the food which agrees with the children, and to avoid all irregular eating and indulgence in such things as popcorn, candy, soda water, ice cream, etc. Perhaps the safest way to insure against upset stomachs is to avoid nothing of the usual effects of unaccustomed food and soft substances.

The safest place to prepare and carry food is in simple food, such as bread, sandwiches, cakes, baked apples, hard-boiled eggs, cookies, raisins, nuts, milk chocolate, crackers, cheese, olives, olive oil, etc. Fruit should be carried in packages of cellophane or in waxed paper, or in a wire basket with a cover, to give the children fresh air. Fruit will not freeze in winter if it is packed with a good deal of cotton or other material. Bring the food with you, if possible, and do not depend on finding good food on the road. Do not let the children have too much fruit.

**SANITARY PROVISIONS.**—For train travel it is better to have a cover over the food and some of the cheap and flimsy paper towels or scraps of old dust cloth. These can be designed to wipe the soot and dirt from the window sill and be a protection against the soiling of food and clothing. Paper covers for the seats, so that the paper bowls and cups can be placed on them, are useful. In walking from one hand to another, be careful not to touch the water jet in coming from the faucet and not to use the water that has run into the basin. If a bathtub or wash bowl at a hotel is to be used, it should first be well scalded, scrubbed and wiped, even if you must carry your own small scrub brush and cleaning powder. Of course, no one of intelligence would think of using a public comb, hair brush, towel, drinking cup or powder puff.

**CONVENIENCES.**—Soap and wash cloth in a waterproof bag and a waterproof bag for each tooth brush are desirable. A small bottle of specially prepared cleansing solution for face and hands is handy, since hot water is not always obtainable. For babies, have a supply of soft paper diapers. A few soda mint tablets will prevent or overcome nausea. In hot weather a bottle filled with one-third grain alcohol and two-thirds boiled water for flushed and perspiring faces and hands and for cleansing any bruises or scratches helps. A "housewife" with a few pins and threaded needles, small scissors and pocketknife will be useful. And then a small picture book, a cellulloid doll, some pencils and tablet paper or a box of dominoes to while away the time.

(Copyright, 1918, by Mary L. Read.)

### QUESTIONS AND ANSWERS

[illegible]

Remember that "saying prayers" is not necessarily being prayerful. I have heard children literally "rattle off" a prayer with no more feeling than they would a nursery rhyme. Such "prayers" are empty, and the words impressively had no more meaning for them than such a nonsense rhyme. They were rather learning lessons and repeating a child of five is not too young to say "Thank God," or "Please, Dear God," or "I am sorry, God, for my sins." But little prayers should be taught about God as our Father, loving us very tenderly, and to be encouraged to talk in the same manner to God—and that is real prayer. Remember, also, that children of this age are very imitative. If they hear prayers said their mother or father prays they are likely to do the same thing without any direct suggestion. I would advise you to begin by teaching her to say grace, but follow the lesson by another night, suggested above.

[illegible]

## The Silk Suit Makes Appearance

### *A Daily Fashion Talk by Florence Rose*

This smart little faille silk suit is attractive in any of the summer time colors. The little buttoned waistcoat is of satin; otherwise there is no fanciness, barring the long revers. The charming little hat is of white straw, with large blue velvet poppies.

WHILE there was no great enthusiasm shown for the models brought over from the other side to those who be[illegible] still we should remember that the tailored suit has always been in use in the American woman than to the Parisienne.

The American woman has been brought up on the tailored suit, and [illegible] has found it such a valuable and in good shape, it is likely that she [illegible] to forget its good points, not [illegible] the continents across the Atlantic [illegible] cosmopolitan to [illegible] [illegible]?

It takes one to know at the women who frequent the smart function places to be shocked, exclaimed that she isn't. It may not be the cut on mannish lines she always wears, but nevertheless the lines are straight, the and tailored and beauty always maintained.

I have noted the preference is shown for the suit of navy blue in either serge or gabardine, but there are also appearing suits of silk now that the weather has moderated, the silk and most fine wools are used as skirts and tailored coats are worn. The bring the silk out from the practical colors and women can use it as a wearable garment.

It is one of these plain silk suits that is depicted today. This is made of faille, in all the fashionable colors, and has a plain two-piece skirt with a belted jacket with rounded front and long revers. The buttoned waistcoat is of white satin.

The toque worn with this suit is of white straw and is trimmed with blue velvet poppies.

(Copyright, 1918, by Florence Rose.)

### War-Savings Jingles

There is a little stamp, owned by a [illegible]
Who has started in easy his money.
He's a very good tramp, cause he's bought a thrift stamp
And he sure is not a dummy.

GIRLS Help Your Skin Help Your Hair With Cuticura
Soap, Oint., Talcum 25c each. Sample each of "Cuticura," Dept. 6 L, Boston."

## ADVENTURES WITH A PURSE

### *LITTLE INSIGNIA PINS RIVAL SERVICE FLAGS*

#### *To Show Where 'He' Belongs, A Striking Purple Sweater and Some Crepe de Chine*

HAVE you seen the little pin which carries the insignia or emblem of that department of the service in which "he" is? It is finding as great popularity as the service pin with its stars. It will come gold, of gold finish, or of the same copper appearance as the insignia on the uniforms. Once pins the clubs of the emblems from the crossed flags of the signal corps to the red cross of the hospital units. And their price is only twenty-five cents.

[illegible]

A very popular pin is a bunch of the colored blooms of pink crepe de chine have no attractive and are simply caught in with rather wide elastic. This price is only $2.50.

A very popular pin is a bunch for the collared [illegible] about six inches in length of wide ribbon petal leaves. It is lined in green and holds a pretty picture of a "[illegible]" [illegible] A strap on the back makes the pin easy to carry, and the price makes it easy to own, for it can be had for $1.

A white crepe de chine blouse which can be worn with a "dress" suit as well as with tailored clothes has a long, straight collar of the material which crosses in the front at the low neck, and which is held firm on either side of the front by a large button. The price is only $3.

For the names of 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.

### Ask Yourself About Your Meals

First. Do they use other starchy food instead of wheat?

Second. Are potatoes generously represented in them?

Third. Do they contain local produce, so that the burden on the railroads may be relieved?

Fourth. Are they as easy to prepare as possible?

Fifth. Are each of the five food groups represented every day? The five food groups are: Fruits and vegetables, meats and meat substitutes, grains and other starchy foods, sugars and sweets and fats.

Sixth. Have you provided plenty of whole milk for the children?

Seventh. You are not forgetting eggs?

### *Loss*

Once was the mood of Spring
A poignant sweet to hear.
And all my heart went calling out
In work, and song, and prayer.

But now still time has brought
A spider, strategy for
That I should look upon the day
And find I cared not.

—Jessie B. Rittenhouse.

Consider the Potato

Even that essential to any well-rounded meal shows a big loss in food values.

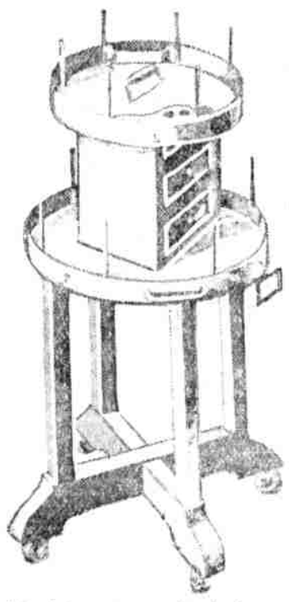
WILBUR'S COCOA
"ALL FOOD, NO WASTE"

has five times greater food value than the potato.

Besides, it's a delicious drink and nourishing food.

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

### *A Portable Sewing Stand*



This little sewing stand is the latest rival of the tea wagon. It can go here and there and everywhere. The upper part of the stand, consisting of a set of drawers between two trays revolves. The pegs are miniature hangers. Illustration from Popular Mechanics

Hallahan's GOOD SHOES

This ultra - smart low-heel pump is typical of Hallahan super values.

4.85

Made in Coco-Calf, Gunmetal, glazed kid and white buck; with military heel and welted sole.

919-21 MARKET STREET
60th and Chestnut Sts. 4028-30 Lancaster Ave. Branch Stores Open Every Evening
2716-48 Germantown Ave. 5604-06 Germantown Ave. Market Street Store Open Saturday Eve

## THE WOMAN'S EXCHANGE

### TODAY'S INQUIRIES

1. Name three women who are serving in State Legislatures.
2. Who is the Empress Eugenie?
3. What type of girdle is most becoming to the short woman?
4. In baking bread from wheat substitutes, what will make it stay fresh for a number of days and prevent it from crumbling?
5. How should brushes be dried, with the bristles up or down?
6. What makes the task of scaling a fish less disagreeable?

### Wants to Serve Country

*To the Editor of Woman's Page:*

Dear Madam—I am very much interested in interior decorations, and had about decided to make it my vocation, but now I would feel very selfish if I should study any kind of art when my country needs me for greater things. So I have decided to give up art and help Uncle Sam. I would be very much pleased if you could give me the address of the place where I could write and find out the different sort of positions young ladies may fill. I would like to work toward a definite object or goal, something that I could still do even if the war does end soon. I am.

AN AMERICAN GIRL.

If you write to the woman's committee of the Council of National Defense, 1307 Walnut street, for a registration card this will give you a very good idea of the positions open to young women just at this time. A booklet that I think would be very helpful to you is one sent out by the woman's section of the committee on public information, Washington, D. C. It is called "War Work of Women in the Colleges," but on pages 18, 19, 20 and 21 you will find a list of opportunities for women regardless of whether they have been to college or not. You can get this book by writing for it.

If I felt that I had more talent for art than anything else I would not give up the thought of it permanently, but would take up some of the war work now and then go back to the interior decorating after the war is over. That is, of course, if you really have your heart set on it. Again, you might take up farm work all summer and take your art course in the fall and then go back to a farm again if the war is still going on next summer. War work that you could take up now and keep at after the war is over is social welfare work, [illegible] any activity in the field of industrial or Government business.

### Enter the Woman Chauffeur

*To the Editor of Woman's Page:*

Dear Madam—Would you kindly advise me in your evening paper as to where they can get farms for the summer months; also if there are any schools where they train women to become chauffeurs?

J. C.

Apply to the school mobilization committee, Room 430, Widener Building, Walnut and Juniper streets, for work on farms this summer.

To my knowledge there are no regular schools in Philadelphia where women are taught to be chauffeurs. But there is an automobile place on North Broad street that has a sign out stating that women may learn to be chauffeurs there. It is just above Mount Vernon street. You might inquire there. The Spring Garden Institute, Broad and Spring Garden streets, has courses which teach you all about the inside workings of an automobile, but they do not teach actual driving.

### Dog's Summer Home

[illegible] from the six readers who [illegible] about C. T. S.'s Airedale [illegible] summer months while she [illegible] and gear a training [illegible] have been forwarded to

*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 sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.*

### Poor Father Will Have No Day

*To the Editor of Woman's Page:*

Dear Madam—Will you kindly answer the following questions in your exchange column of the paper:

(1) Is "Father's Day" officially recognized, and if so what is its date?

(2) What is best to use in cleaning piano keys? (Mrs.) O. B. F.

(1) "Father's Day" is not officially recognized, but came very near to being at one time. In 1915 a bill was introduced in Congress providing that "the first Sunday in June in each and every year hereafter be designated as 'Father's Day,' upon which, as an expression of sentiment corresponding to that of Mother's Day, the rose, regardless of color, shall be regarded as the emblem." This bill was never voted on. The Father's Day Association was granted a charter by the State of Delaware in 1913 under the laws of that State. The association was founded by two Philadelphia women. Interest in it, however, seems to have died down, and according to one of its founders, there will be no attempt to celebrate it this year. The first Sunday in June was "Father's Day."

(2) Peroxide of hydrogen is the best agent to use for cleaning piano keys.

### Just to Be on the Right Side

*To the Editor of Woman's Page:*

Dear Madam—I am a high school girl. At present in our English department we are [illegible] debates. One proposition is "Should women join the land army?" I was put on the negative side. Could you outline to me some of the reasons which the farmers have for not wanting girls as farmers? E. G.

I always feel a little dubious when schoolgirls ask me to help their side. I cannot help wondering if the other side and our friend teacher didn't mean us to do all the digging for information ourselves. Let's make an agreement, E. G. If you send me a little letter telling me the other side doesn't mind if the Woman's Page editor helps your side I will speed back any reasons I have ever heard the farmers advance for not wanting women on their farms.

### Keep in General Trim

*To the Editor of Woman's Page:*

Dear Madam—Will you please publish in your column the following:

(1) What is the cause of bad breath?

(2) My teeth are in fairly good condition. I am wondering if it is possible in any way to come from them, although, as I have said, they are good. How can such breath be got rid of?

(3) Could you possibly tell me what date the first day of Passover fell on in the year 1868?

Thanking you in advance for any advice you may give me in the above matters, I am,

A CONSTANT READER.

(1) Bad breath is caused by various conditions—upset stomach, a system that is out of order or neglected teeth. It just depends on how fairly good a condition your teeth are in whether the bad breath comes from these.

(2) If your general health is very good; that is, all of the important body waste organs in good working order, I see nothing else for you to do but consult a doctor about this trouble. No real medical advice can be given through these columns.

(3) In the year 1868 the first day of the Passover fell on March 26.

### SATURDAY'S ANSWERS

1. Three appropriate gifts for the girl graduate are a war-savings stamp, a silver picture frame or a book.
2. Three suitable gifts for the boy graduate are a war-savings stamp, a fountain pen or a pocket knife.
3. Massaging the hands each night with a little olive oil will make them plumper.
4. Roasting a fowl on its side is the best way to retain all the juices.
5. A little mahogany knitting stand, with arms on which yarn can be wound, is a practical novelty for the knitter.
6. White organdie is a simple, dainty material for the graduation frock. The skirt can be made with clusters of tiny tucks and a little frill of the organdie finishing off each cluster. The waist can be trimmed with dainty lace and made in surplice effect.

### Bridal Procession

*To the Editor of Woman's Page:*

Dear Madam—Will you tell me the proper arrangement for members of the bridal party on entering the church and on leaving the church after the ceremony? The party in question will consist of maid of honor, four bridesmaids, four ushers, a best man, bridegroom, bride and her father.

BRIDE-TO-BE.

Such a party as you describe should go up the aisle in the following order: The ushers lead, walking two by two. They are followed by the four bridesmaids, also walking in pairs. The maid of honor walks alone in the center of the aisle, and is followed by the bride and her father. The bride has her right arm slipped through her father's left arm.

The bridegroom and best man enter the church from the side door up by the chancel or sanctuary, with the clergyman, and when the bride and her father reach the altar rating the bridegroom steps forward and the bride takes his left arm as the father steps back. In the meantime the attendants have separated and are standing on either side of the chancel outside the railing. The bridegroom and bride take the lead now and pass into the chancel and the bridal party either follow or remain stationed outside—a matter of choice and room. The maid of honor and the best man always follow and stand on either side of the bride and bridegroom, the maid of honor to take the bouquet, remove the glove and arrange the train when the bride turns to walk down the aisle, the best man to hand the ring to the bridegroom at the proper time.

After the ceremony the bride and bridegroom lead the way down the aisle this time, the bride taking the bridegroom's right arm. They walk down the aisle followed by the maid of honor, the four bridesmaids and the four ushers in turn.

To Parents of High School Graduates:

Your daughter can render valuable service to her country either in Government work or in business as a Filing Clerk. Investigate our course of preparation.

Call or send for Catalogue.

910 Chestnut Street

Branches: New York | Philadelphia School of Filing | Boston | Washington

Please don't break up another party—

Resinol will clear your skin

No one knows the humiliation of being a "wall flower" better than the girl with a red, rough complexion.

If *your skin* is not fresh and smooth, or has suffered from an unwise use of cosmetics, try Resinol Soap and Resinol Ointment for a week and see if they don't begin to make a blessed difference. They also help to make hands and arms soft and white, and to keep the hair live glossy and free from dandruff.

All druggists and dealers in toilet goods sell Resinol Ointment and Resinol Soap. You'd better try them! Trial free. Write Dept. 5-S, Resinol, Baltimore, Md.

Trying Mazola—the oil from Corn—for Economy's Sake—Many a housewife has discovered how to improve the flavor of her cooking

Fish Sauce

3 tablespoons of Mazola
3 tablespoons of flour
1½ cups hot water
1 teaspoon salt
⅛ teaspoon white pepper
Yolk of an egg
½ cup shredded crab, lobster, shrimp or scallop.

Blend flour in heated Mazola; add hot water and season; add egg; thoroughly. Add yolk of egg and ½ cup of shredded crab, lobster, shrimp or scallop. Serve with boiled or baked fish.

ONE of the first things that appeals to the housewife about Mazola is the fact that it never carries flavor or odors from one food to another—it is a cooking medium which can be used again and again until every drop is used up.

But real economy means *quality* too.

And that is why Mazola has such an appeal for the housewife who has changed from lard, suet or compounds for deep frying, sautéing, shortening.

Mazola does not burn easily and foods fried in it retain their natural flavor.

They are crisp, light and easy to digest.

Mazola is also first choice for salad dressings—easier to mix than olive oil—and gives a pleasing flavor all its own.

For sale in pints, quarts, half gallons and gallons. For greater economy buy the large sizes.

There is a valuable Cook Book for Mazola users. It shows you how to fry, saute, make dressings and sauces more delicious, make light digestible pastry. Should be in every home. Send for it or ask your grocer. FREE.

Corn Products Refining Company P. O. Box 161, New York

Selling Representative—National Starch Co., 135 South 2nd St., Philadelphia, Pa.