## GUESTS AT AMERICAN TABLE—CYNTHIA'S COLUMN—COLLARS FROM AFAR—WOMAN'S EXCHANGE

## **SLIP IN ANOTHER CHAIR** AT YOUR DINNER TABLE

That's What 22,000,000 American Families Do to Save Beef for Our Allies-War Enriches Our Lives by Teaching Us to Give

COOD-SAVING is perhaps the most uninteresting form of all war work. There is no thrill about ordering codsh when your mouth is tuned for beefsteak. No one will ever know just how much you wanted the beefsteak It would be childish and unreasonable to tell.

Such a little sacrifice! And yet the history of feeding the world is being written in just such small giving as this. Before the war we used to ship 17,000,000 pounds of beef abroad a month. Today we are sending over month. Today we are a 70,000,000 pounds a month.

This hasn't been saved by any big This hasn't been saved by any big sweeping of one corporation, one town, one State. It represents, bit by bit, the offering of the entire American people, Fifty-three million pounds a month have been spared. To make this total 22,000,000 dining room tables in our broad land have placed extra chairs around the board and shared their little or their plenty with hun-

more we are told to limit the amount of beef served in the home to one going and a quarter apiece at the most for each in the household. Particitic ones will serve no beef at all Here is another chance for the American people as a nation to write generology into their war making. But over and above and way beyond that over and above and way beyond that here is a chance for every American man, woman and child to deepen character by the richness of giving.

\*\*Something more pathetic that they divide the divide they divide they divide they divide they divide they div

#### The Northeaster

The wind of the East is bitter and Rifling the galley of June of its gold.

Like a Viking of old! The clouds are his black keels, scudding the blue-

Bulwarks bright with his bucklered erew. Rowing two by two!

The shafts and spears of the rain are his-Oh, how fierce their flight at lis

foemen is. How they whistle and whizz! -S. A. Ellot, Jr., in Contemporary

ONE week ago the United States
Food Administration asked us to
alip in another chair at our diningroom table. To make room for one
table. To make room for one
daily meals, not self-ship but alone,
table to limit the amount

#### Alice Kent and the Day's Work The Story of a Business Girl Who Would Not Fail By MARTHA KEELER

Caks and beside the latter on the back seat of the carriage sat a dark-haired Observing them as they came toward

to Helen I didn't wonder that already she had won the leart of Dick's mother. Perhaps few, besides her lover, would have called Helen Croyden beautiful; her features were not of classic mold nor would the average poet have been likely to sit up o' nights for the express purpose of writing sonnets to her eyebrows, though said eyebrows were all that any girl required in that especial that any girl required in that especial time; a critic, too, might have found. line; a critic, too, might have found

TODAY'S INQUIRIES

That are the requirements in age and edication for women who enter the arms, nursing school?

a there a tuition fee connected with the school?

great a cool and "different" material

n a campring trip when there is no aspectation in it possible to make a good-olsed hole in a board? That use can be made of the cereal that studies to the pan when the rest has been removed?

Wents Capital Punishment for Women

Women Don't Deserve Death Penalty

Ton-Cent Dye Recommended

To the Editor of Woman's Page:

even in the palace of a king! But ! TITHIN two hours. Richard and had been prepared for something in her Mrs. Carroth drove back to Twinmanner to myself which, if not openly to depart, called out to me, "Goodcontemptuous, would carry at least a little sister—if I don't see you again. hint of condescension; so it was a great firl who obviously was Helen Croyden. relief to discover that in manner, as in firmed. costume, she was simplicity itself.

On her arrival at the farm she was dressed in white and wore a leghorn hat, whose broad brim drooped at intermediate to Helen I didn't wonder that already the had won the heart of Dick's mother.

On her arrival at the farm she was money a leghorn hat, whose broad brim drooped at intermediate hat already bring the hat already b

THE WOMAN'S EXCHANGE

Refreshments for Party

Sandwiches are not very patriotic these

To the Editor of Woman's Page:

She took supper at the farm, and Mr. Carruth, whose mood had almost spoiled the dinner hour, was now as genial as if he had never expressed disapproval of early marriages. After supper Dick and his fiances were to join the latter's cousin at Judge Tefft's, in Wessex, and go to church. As we girls stood on the porch waiting for Richard to appear from the barn, where he was harnessing. I mentioned that I lived in Bellington and was going home next fay. Accordingly, was going home next flay. Accordingly Nell, just as she and Richard were read: "Of course you'll see her." Dick of-"You're coming out tomorrow

you be good?

"So it's only an revoir." Helen ex-claimed, "And we'll have a chance to settle our relationship." Dick glanced from one of us to the other and said very gently. "If you two aren't sisters yet, you will be - some day."

"You two girls must be great friends." said Dick. nodding with approval as Helen and I seated ourselves in the hammock slowly back and forth, he bent down and, in tones audible to all of us, whispered with her unaffectedness.

As for me, I had been afraid of finding her her a superclious young lady (of the type we dubbed "stuck up"), full of the type we dubbed "stuck up"), full of the country girl like me. That she had allen in love with R'chard, who was sorn and brought up on a farm, had be had bearing on the case; Richard was in a class by himself and I believed that the would have been perfectly at home." I exclaimed, pushing the would have been perfectly at home. "You know, I told you Alice was my sister." At that the same time, and fringe has been advanced by Parls and exploited by America. Strange to say, the two countries brought the newcomer understood my place in the family.

"I don't see why you laugh;" protested Dick, stepping to my side of the hammock, reaching out a hand to me and making me stand up beside him: "Don't we look atike.""

"Nonsense!" I exclaimed, pushing the

## LACE THAT WEATHERED SUBMARINES



French Women's Recipes

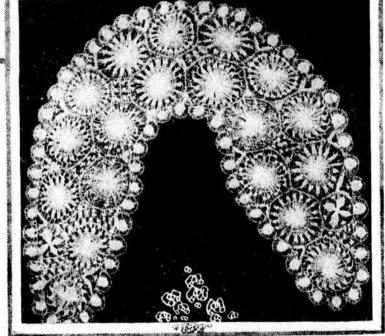
Crab a la Creele Tweive small live crabs, or One-half pound crab meat. One lemon.

Four tablespoonfuls butter substitute. One tablespoonful salt, One-eighth teaspoonful pepper. Two fed peppers (chopped). Boil the crabs twenty minutes; open

and clean them and reserve the yellow fat. Pour the juice of the lemon over the crabs. Melt the butter substitute and crab fat in a frying pan and add the crabs, seasoning and peppers. Cook for

Asparagus With Cheese

One bunch asparagus.
One-half cupful Swiss cheese.
One tablespoonful butter substitute.
One-teaspoonful sait.
One-eighth tablespoonful pepper.
Cut asparagus in pieces and boil in saited water for ten minutes; then place it in a baking dish. Sprinkle with the grated cheese and seasoning and add the fat in small pieces. Bake in a moderate oven.



These exquisite conwently lace collars are something the Germans did not get in their neighborly operations along the coast two weeks ago. They were on the sea in the zone of excitement just at that time en route from South America, but landed proudly and triumphantly in New York. The collars were made in Paraguay, by the Guarani Indians. Down in that country there are far too many native women for the men and many of those who have no better halves to tend to such trifles as the grocery bill manage to eke out an existence by making unbelievably fine lace. The coller on the young-lady-of-the-picture is made of very fine silk thread and is as light and filmy as sea spray. The other collar was fashioned with cotton thread. All the work is done by

#### Our Children's Eyes By MRS. MAX WEST of the United States Children's Bureau

What of our children's eyes? Recent nvestigations into the condition of American school children reveal that about one-fifth-twenty per cent-are handicapped by defective vision, and in derable number of cases t are serious. How gravely the nation's welfare is der

many rejections as the next highest cause, thomely defects of the teeth, and for three or four times as many as most of the other cefects. It is, therefore, plain the American parents should take much more anxious thought as to the condition of their children's eyes during the years when the harm is most likely to be dene and when trouble can most readily be prevented or cured.

The first essential is to insure the much more anxious thought as to the rondition of their children's exes during the years when the harm is most likely to be done and when trouble can most readily be presented or cured.

soundest lossible health at birth. This depends in a certain measure upon the lealth and diet of the mother before the haby is born. Proper food and care for the baby throughout infancy and childhood when the structures of the body are growing at the most rapid rate nor recersary. Improper or insufficient foot, neglect and illness are among the causes which interfere with growth and healthy development of the body in every part and no doubt affect the growing eyes in the same way.

But every wice the fundamental laws

But he shall not, I will stop him, I can never forget for Bixby's letter, "Be.

But he shall not, I will stop him, I can never forget for Bixby's letter, "Be, as I know you will be, a woman worthy to begin with they should have very special care from the moment of birth. Directions for this are found in two bulletins of the children's year, entitled "Parental Care" and "Infant Care."

Both these bulletins will be sent free in response to all reducests. Send your name and full address clearly written to the Chief of the Children's Bureau. United States Department of Labor, Washington, D. C.

Bobles are often allowed to lie in

### A Summer Suit for a Trip to Town A Daily Fashion Talk by Florence Rose

When the laundering takes the fluting out of an organdle collar the curling iron cusily restores it.

A Daily Fashion Tale of a collection of an organdle collar the curling iron cusily restores it.

A Daily Fashion Tale of the collection of a cultifier of an organdle collar the curling iron cusils restores it.

HERE is a typical example of a dressy tailleur. As you observe, there is a slight resemblance to the collection of the collection o months, when one must make a trip to for the trip, but for the appearance in the smart restaurant.

great cities this may seem like a trivial question, but to the women whose homes are in the city in the winterline and the suburbs during warm weather, the in the city and in the country is marked! And it is often a real problem to be able to strike a happy medium between the two varieties.

An important essential in choosing a garment for such occasions which will look fresh at the end of the day after the luncheon and the tour of the shops. Take the linen suits, for in-stance—nothing really looks any better than a crisp linen suit or frock when one first dresses, but we have all learned the bitter lesson that the freshness of the linen suit is short-lived and utterly inappropriate for an entire

their freshness, but the objection to these is the long coat which is almost indispensable and must be carried about all day, that one may feel on the safe side with some sort of protection against sudden change in the weather.

lieve had no unsurmountable objections. I found this suit which I am showing you today. There are many reasons why thin suit seemed "just the thing," not the least important of which is that it is made of jersey, and therefore we know absolutely that it will not rum-

and the length reminds me that Dame Rumor has it that the coats for fall and winter are to be knee length, or slightly above. The fronts of the jack ets are gathered to the straight collar.
The deep ornamentations on the fronts are of heavy embroidery. A sash of the jersey encircles the waist and ties in the front. The ends are finished with embroidered crnaments. The skirt is a (Copyright, 1818, by Florence Rose.)

Ask Florence Rose



This little suit is particularly approprinte for the woman who must go to town for the day and still be fresh at the end of that time. It is jersey with ornamentations on the front of heavy embroidery. A satisfying note is the sash encircling the waist and tying in the front

Leather-covered furniture may be surbed with castile soap and tukewarm rater and will look like new, the oil in



# Please Tell Me What to Do ~

Letters to a Soldier

I do not believe in writing to the soldier boys you have never met, but I think as long as you have done so it would be a little unkind to back out now. You know, a great many men are apt to get sentimental in letters, and especially men who are away from home

No Word From Jackie

Dear Cynthia—I went to a purty at the navy yard recently and I met a very nice young man there. He asked if he might call on me. I said yes, and he came several times. Then suddenly he stopped and I have not seen him for three weeks nor have I heard a word from him. What do you think I can do about it? I really am beginning to care for him and I think he liked me. I can't understand why he should behave as he did.

MARIE.

me definitely just what the things are that displease them, if they are about his character, ask them to please give you proof. Do not be impudent, but just insist on knowing. If they are about looks, well they really do not count. If they are about money they do not count very much either unless the young man in question is shiftless and has no prospects of ever getting along in the world. If all the objections are vague—and this applies to those made to all your callers—then I think you would be justified in telling your parents that you cannot in fairness to yourself keep on giving up men friends all your life to satisfy them. In five years all cannot have been undesirable. Then let the boys you really like best come to see you. As long as your parents are not outwardly discourteous you can do this. Of course it would be nicer to have them welcome your friends warmheartedly, but the boy who really wants you will brave these parental chills and all will come out well in the end. Remember, little Marie, these are war imes. I don't suppose you stopped to think that your young friend has probably been sent "over there" since you saw him. You know the men are not allowed to tell when they are satting. If he is on land duty there you will probably hear from him within several weeks by mail; if not and he is on sea duty, he may come back on the next transport and tell you all about it.

It's a bad time to judge men about these matters, for you never can tell when their orders come and they are positively forbidden to tell even their families of the time and date of sailings.

So just be patient, dear. think that your young friend has prob-

Parents Object to Everybody

bein me. I am twenty-two years old and have pever had a soong man came to exist on me that my mother or father approved. When I first started to have the look come to see me five years age I always thought my parents were in the right and I have given in boys that did not suit them. But now I am beginning to think that they will always taile this way about any one who comes to see me. Sometimes it is the leoks of a boy they talk about, and other times it is because they say he would never be able to keep me if we were married, and sometimes they talk about his character. I am beginning to be worried that I will never meet any one who will suit them. What would sou do—go right on having young men come to call whom they did not care for: Letters to a Soldier

Dear Canthia—I am one of those sirls who started writins to a soldier boy she did not know. It started just as a lark. A crowd of us girls each adopted a soldier and decided to just write him friendly letters. This was over eight months ago. For a long time we just wrote friendly letters, but now he is beginning to be more than friendly. It do not want to burt his feelings by ignoring the things he says and I do not want to stop writing to him, because that would hurt his feelings, too. But I know it would be feelings, too. But I know it would be foolish to carry on a love affair with a man I have never seen. Do you think I ought to stop writing to him? I know he is an all-right boy because a friend of mine gave me his name.

MARION.

#### Hunting a Husband By MARY DOUGLAS

CHAPTER NCIV Knowing One's Mind

LOUR o'clock. But I am not hurrying across the Common. English poetry today seems inadequate. And I do not want to see Pro-

fersor Coe. "I'm has not written to tell me of his engagement. But would be anyway? I fight against the thought. But it seems an unfair allotment—that Jeanne, shallow and selfish, draws to her—unerringly, a man whose thoughts and ac-tions are above her low ideals. And I— in spite of my struggles, can only

achieve a Professor Coe.

I do not like to say his name. The pettiness of last week cannot be wiped out. It stamps the man as small and

fortune nor an easy dependence.

I shall not lower my standards. I am seeking a man whom I can respect, admire. A man whom I can love. A home, yes, But I care not if the home is a tiny flat or a two-roomed cottage make it the home. If need be

But it is the man that counts. But But it is the man that counts, but perhaps Professor Coe would change. Stinginess is a small thing. But again I wince, when I think of my shame-faced departure from the Greely Inn. Again I hear the clear voice of the Again I hear the clear voice of the boys, "He's always had the rep!" No. I shall never lower my standards.
The bell is ringing: The sudden, quick peal that means the professor. How can I ward him off? Nervously I walk up and down the confines of my room

Tomerrow-Hurt Pride

#### Let Georgiana Do It

certain important things are to be done. The new idea is to let Georgiana do it." - Indianapolis

and in unusual surroundings. Some of them try girls out this way. They don't mean to, but it is really a trial in the end. Because if the girl just laughe away the sentimental parts of the letter the boys seem to stick to her just the same. And if she indulges in sentiment, very often they get tired and eventually stop writing. I would not make fun of his advances, but I would just sort of laugh them away and jam your letters full of good fellowship. That is the way to play the game in wartime.

What to Give a Young Lady

What to Give a Young Lady
Dear Cynthia — Do you include advice about young men in your new department? There is nothing wrong with my heart. But there is with my pocketbook. I want to give a birthday gift to a young lady twenty-one years of age. She is in better circumstance, than I am. Her parents have given better in the standard of those bronze book ends? A girl can use more than one set of these and she is very apt not to have even one. A

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## Sandwiches are not very patriotic these stays unless you use brown bread or war bread with a high degree of wheat substitute in it, so why not have a nice salad to reme kind of croquettes? Pineappie salad is delicious. Use the canned pineappie, putting a slice on leaves of lettuce on each plate. Add a little ball of cream cheese and a maraschino cherry to each. Serve with mayonnaise dressing. With this you might have coffee and some kind of war cake that does not require much wheat flour. Serve ice cream, too, if you do not think this makes your party too expensive. Chicken cream, too, if you do not think this makes your party to expensive. Chicken the placepple. Chicken croquettes are always nice for a party if you care to go in for a hot supper. There is a nice little whipped cream dessert you could serve with these instead of ice cream. If you send a self-addressed stamped envelope. I will mail you recipes for war cake and for this dessert, for the croquettes and for this dessert, for the croquettes do you can serve if you prefer symething cold in place of the coffee. False Teeth Will Not Hinder Narse To the Editor of Woman's Page: Deer Madam—Will you kindly answer in the Evrsiva Puntin Length if there is any training school for nurses which will accept a girl to train who has false upper teeth, or would it interfere in any was? I am very anxious to find out. As I sm. a nightly reader of the Evrsiva Puntic Length I will be looking for an answer to my question. I shouldn't think it would be any bindrance et this time, when they need nurses so badly, do you? You need not worry about the false upper teeth. I am told that a good many nurses have them and the fact is no hindrance to their work or to being accepted in a training school. Any hospital has a training school for nurses and, as you say, they are very glad to get more nurses just at this time. Shoes for "Discouraged" To the Editor of Woman's Page: Dear Madam—I read both letters that you published signed "Discouraged" and it made me wish to help again if only in a little way. I found some little shoes at a rummage sale our church is having, so bought them for the little boy of "Discouraged." Hope she will be able to use them. How I wish I had money that I could help those in need! Hope some of our readers found my ant remedy helped them. With best wishes to your page. To the Editor of Woman's Page: Length of Shortest Short Story To the Editor of Woman's Page: Dear Madam—Will you please fell me bow long is the shortest short story? If fokes and verses are not sent to syndicates, where are they sent? How long do syndicates hold your story and how do you know whether it is accepted or not? O. E. L. There are silk frocks which do retain

It is fortunate you mentioned William Rockefeller. His offices are at 26 and not 5 Broadway, and that gave the clue the steamship company. You will not to choose between two; both not the company of th To the Editor of Woman's Page:
Dear Madam—Will you please tell me some recipes in which I can use cottage chaese? The recipes that you give are always good and easy to use HOOVERIZER. Have you tried cottage cheese as a sauce with eggs or milk toast? This makes a very good dish. Use one cupful of milk, one tablespoonful of cottage cheese, two tablespoonful of cottage cheese, two tablespoonful of four and sait and pepper. Thicken the milk with the flour and just before serving add the cheese, stirring until it is melted. This may be used with creamed eggs, or the quantity of cheese may be increased, making a sauce suitable for using with macaroni or rice. Cottage cheese and nut roast is another attractive dish made with this food. Use one cupful of cottage cheese, one cupful of chopped English walnuts or other nuts, one cunful of bread crumbs, the juice of haif a lemon, two tablespoonful of butter, sait and pepper. Cook the onion in butter or other fat and a little water until tender. Mix the other ingredients and moisten with the valer in which the onion has been

## Letters and questions submitted to YESTERDAY'S ANSWERS

WESTERDAY'S ANSWERS

Memen can take their training as nurses in the army nursing school, a nation-wide school to be established by Surseon General Gorgas, of the United States army. This provides that young women be taken into the military hospitals throughout the country to learn nursing. To enroll in this school write to the office of the surgeon general, Washington, D. C.

There are more than 400,000 women teachers in the elementary schools in the United States.

The newest in a flesh-colored blouse is one with oval neck, colluriess and with long sleeves.

When the laundering takes the flutter

of them. Men kill for other metives. So large is a reason why they go to the chair of the gallows for anybody.

Hunting a Steamship Line

The little tan shoes arrived today and have been forwarded to "Discouraged" for her little boy whose daddy is in the have been forwarded to "Discouraged" for her little boy whose daddy is in the have been forwarded to "Discouraged" for her little boy whose daddy is in the have been forwarded to "Discouraged" for her little boy whose daddy is in the have been forwarded to "Discouraged" for her little boy whose daddy is in the have been forwarded to "Discouraged" for her little boy whose daddy is in the have been forwarded to "Discouraged" for her little boy whose daddy is in the have been forwarded to "Discouraged" for her little boy whose daddy is in the have been forwarded to "Discouraged" for her little boy whose daddy is in the have been forwarded to "Discouraged" for her little boy whose daddy is in the shortest short story is about 500 words long. Jokes and verses mot sent to syndicates which answered by mail. The shortest short story is about 500 wrately to magazines which announce that they are in the market for them. Syndicates may hold your story a long as been doing your story is accepted you are notified and paid, but if it is not accepted you do not know until the manuscript is sent back. If you send as stamped and addressed envelope your story will be returned if it is not accepted.

Two Cottage Cheese Recipes

To the Editor of Woman's Page:

Two Cottage Cheese Recipes

To the Editor of Woman's Page:

To the Editor of Woman's Page:

To the Editor of Woman's Page:

Dear Madam—I am going to entertain a weight at a house party over Sunday. Can you suggest some unusual stunts of earnest that we could play if hedtime? Nothing noisy or rough. reames that we could play at bedtime? Nothing noisy or rough.

Toasting marshmallows on hatpins over a ggs jet is always fun, especially the eating of the candy afterward. A very interesting game is a contest in outrhyming each other, Everybody sits in a ring and the one who is to start does so by giving aloud an original line to act as the foundation of rhyming. For instance, she says, "When buds appear the spring is near." The player on her left must immediately deliver a sentence which may or may not, according to inspiration, have a connection with what went before. For instance, the second line might be, "When blossoms ope the spring is here," or "I have a pen behind my ear." Each girl in turn must edd a line, rhyming with those that went before, but svoiding any word that has ended any other line. If she fails to do so she must withdraw from the circle or pay a forfeit. Prize may be swarded if you may to make it that