

THE EFFECTS OF THE WAR—WOMEN'S DAILY INTERESTS IN HOME AND SHOP

THE GREATEST COMMON DENOMINATOR FOR WOMEN

Hay Declares War Has Conferred Unspeakable Benefits Upon His Country—Leveling Effect on the Feminine Contingent

Does war bless? Captain 'Jan Hay' Beith, the soldier-novelist, answered the question for England in a recent interview. "Terrible as war is," he said, "terrible above all others as this war is, it has conferred unspeakable benefits upon my country. It has swept away the false gods that fatten upon prosperity. It has enabled us to distinguish the false from the true. It has taught us that there are things worth dying for as well as worth living for."

If the oneness of a country at war could be arrived at minus the war—count the blessings! If the big elemental thing that swooped down and dug us out of social apathy, tore away the petty and wrapped America into one great big parcel of self-forgetting striving could be shorn of the heartbreak and come—well, say just as a national tonic, what a medicine, what a life-giving dose the "big thing" would be!

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily endorse the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES
1. When an oven is too hot how can its temperature be quickly reduced?
2. How can the proper heat for baking bread be gauged before the dough is put in the oven?
3. Can nickel trimmings be satisfactorily cleaned with a home-made paste?

ANSWERS TO YESTERDAY'S INQUIRIES
1. Grapes should not be blanched in the canning process.
2. Cabbage and cauliflower should be allowed to soak from three to six hours in cold salt water before canning.
3. When paring onions the eyes can be protected with a pair of automobile goggles; plain or amber lens will serve.

Sending a "Box" to France
Dear Madam—I have a brother "somewhere in France" to whom I wish to send a box of goodies. Will you please advise me what to pack, how to pack, and how to get it to him? I know his regiment and his address in Washington, but it seems he has not received any of my letters.

Games for Young People
Dear Madam—Will you kindly publish a few games to be played by boys and girls ranging in age from ten to fifteen. A box with social games, but no board games, but real live games full of amusement.

Obstacle race—There is plenty of laughter in this game. Those who do not know it are sent out of the room and let in one by one. The boy or girl who is called in is shown two or three small objects, such as a footstool, a vase, milk bottle, etc., that have been placed in a line on the floor. The order is, "Walk blindfolded past these objects without touching them." The player is accordingly blindfolded, but before the hazardous trip he is given a list of the objects to be passed. The boy or girl who is called in is shown two or three small objects, such as a footstool, a vase, milk bottle, etc., that have been placed in a line on the floor. The order is, "Walk blindfolded past these objects without touching them." The player is accordingly blindfolded, but before the hazardous trip he is given a list of the objects to be passed.

Redeeming Canadian Dimes
Dear Madam—Will you please tell me through the Women's Column a year or two ago I had some Canadian money redeemed. I have three Canadian one-cent dimes. ANNA R.

Elderberry Wine and Jelly
Dear Madam—Will you kindly give me a recipe for making elderberry wine and elderberry jelly? Mrs. J. H. T.

Dear Madam—Add three quarts of water to one gallon of the elderberries. Bruise in a tub and let stand for three days. To every quart of the liquid allow one pound of moist sugar, one ounce of ginger and one ounce of cloves, both crushed the spice should be put in muslin bags. Put all together into a perfectly clean vessel and boil for one hour, then pour into an earthenware pan.

Dear Madam—Wash the elderberries and those over the fire in a kettle and let them stand very slowly. When the fruit is soft and broken remove it from the fire and pass through a jelly bag. Measure the liquid and allow a pound of sugar to each quart of the liquid. Return the juice to the fire and let it boil twenty minutes. In the meantime add the sugar in the oven in shallow pans to heat. Strain the juice, add the sugar and stir until it has dissolved. Bring to a boiling point and take from the fire. The wine of lemon added to the three quarts of the jelly will improve the flavor. Fill the jelly into bottles which stand in a pan of hot water.

Dear Madam—Will you please tell me through the Women's Column a year or two ago I had some Canadian money redeemed. I have three Canadian one-cent dimes. ANNA R.

Dear Madam—Add three quarts of water to one gallon of the elderberries. Bruise in a tub and let stand for three days. To every quart of the liquid allow one pound of moist sugar, one ounce of ginger and one ounce of cloves, both crushed the spice should be put in muslin bags. Put all together into a perfectly clean vessel and boil for one hour, then pour into an earthenware pan.

Dear Madam—Wash the elderberries and those over the fire in a kettle and let them stand very slowly. When the fruit is soft and broken remove it from the fire and pass through a jelly bag. Measure the liquid and allow a pound of sugar to each quart of the liquid. Return the juice to the fire and let it boil twenty minutes. In the meantime add the sugar in the oven in shallow pans to heat. Strain the juice, add the sugar and stir until it has dissolved. Bring to a boiling point and take from the fire. The wine of lemon added to the three quarts of the jelly will improve the flavor. Fill the jelly into bottles which stand in a pan of hot water.

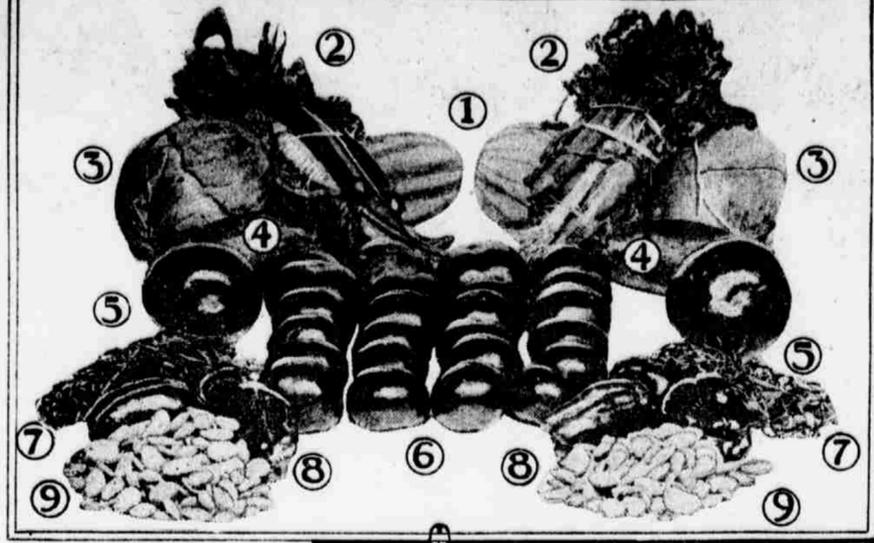
Dear Madam—Will you please tell me through the Women's Column a year or two ago I had some Canadian money redeemed. I have three Canadian one-cent dimes. ANNA R.

Dear Madam—Add three quarts of water to one gallon of the elderberries. Bruise in a tub and let stand for three days. To every quart of the liquid allow one pound of moist sugar, one ounce of ginger and one ounce of cloves, both crushed the spice should be put in muslin bags. Put all together into a perfectly clean vessel and boil for one hour, then pour into an earthenware pan.

Dear Madam—Wash the elderberries and those over the fire in a kettle and let them stand very slowly. When the fruit is soft and broken remove it from the fire and pass through a jelly bag. Measure the liquid and allow a pound of sugar to each quart of the liquid. Return the juice to the fire and let it boil twenty minutes. In the meantime add the sugar in the oven in shallow pans to heat. Strain the juice, add the sugar and stir until it has dissolved. Bring to a boiling point and take from the fire. The wine of lemon added to the three quarts of the jelly will improve the flavor. Fill the jelly into bottles which stand in a pan of hot water.

Dear Madam—Will you please tell me through the Women's Column a year or two ago I had some Canadian money redeemed. I have three Canadian one-cent dimes. ANNA R.

AN ECONOMICAL WAY TO FEED THE CITY



- 1. Squashes.
2. Packages combination pot herb.
3. Two heads cabbage.
4. Two cucumbers.
5. Two eggplants.
6. One-half peck tomatoes.
7. Two bunches estragon.
8. Six green peppers.
9. One-half peck lima beans shelled.

Tomorrow's War Menu

- BREAKFAST: Toast, Luncheon, Dinner.
LUNCHEON: Creamed Ham, Sliced Tomatoes, Hot Corn Bread with Syrup.
DINNER: Cream of Corn Soup, Breaded Veal Cutlet, Mashed Potatoes, String Beans, Cornstarch Pudding.

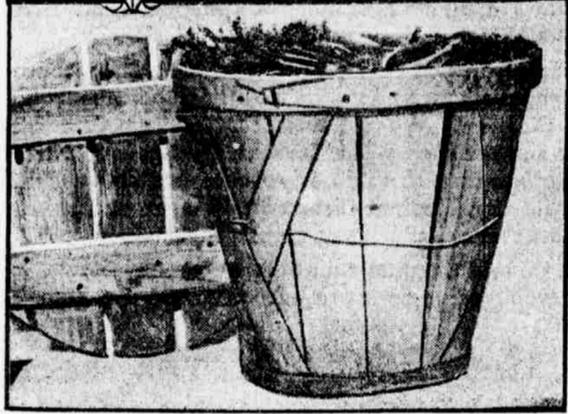
HOOVER FAMILY REUNION

Food Director May Join Relatives in Penllyn September 8. The Hoover family reunion at Penllyn September 8 may have present its distinguished relative, Herbert Hoover, director of the Department of Agriculture and food director for Uncle Sam.

THE CHEERFUL CHERUB
I feel so sorry for the weeds That ruthlessly I'm mowing. It seems a shame they've come to this— They spent such efforts growing.

IN THE MOMENT'S MODES

One-Piece Costume Fashioned From Tan Gabardine



The pictures above show a suggested plan of delivery "direct from farm to city consumer," which would make more money for the farmer and save money for the people of the city. The Government has estimated that for every five-eightihs bushel basket of vegetables and produce taken the year round the farmer receives about thirty-five cents.

PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS
Rowdy to the Rescue
THE intimate I woke this morning I knew it was Saturday and that I had to go out to Mr. Rockruder's, on the right-hand side of the river going up, to see if God had operated on the crazy daughter, as I had asked in my prayers.

When we got to Mr. Rockruder's the auto was gone and the boat was gone and looking for the crazy daughter, who had got out of the house while the nurse was asleep and had gone, nobody knew where. The cook and I talked it over, and then I went to the river and looked at the boat-house while Rowdy watched the house out which he had chased up a tree.

I went into the boat-house and the door slammed behind me and I looked around and there was the crazy daughter with her hair all over her shoulders. She was smiling at me and holding a big knife in her hand. Light away I showed how little sense I had, for instead of jumping into the river and swimming out of the boat-house on the open side, I ran along the path and into a sort of little room, where there was a workbench, and she ran after me.

When the crazy daughter heard him bark she stopped and I waited. She was smiling at me and holding a big knife in her hand. Light away I showed how little sense I had, for instead of jumping into the river and swimming out of the boat-house on the open side, I ran along the path and into a sort of little room, where there was a workbench, and she ran after me.

Then the door was broken open and there everybody was. Mr. Rockruder and the nurse and the colored man took the crazy daughter to town in the auto, hitting the high places, and I was taken upstairs to a machine which could sing and make music. If you would hear up and put round things like black pancakes on it. Some of the tunes made Rowdy stick his nose up in the air and howl, but I did not think they were so very bad. I did not play that kind any more, for Rowdy is my friend, and I am always going to stand by him.

Director Krusen to Make Address
Dr. Wilmer Krusen, Director of the Department of Health and Charities, will deliver an address on the "Activities of the Municipal Health Department" Friday evening before the Self-Culture Literary Club, 425 Christian street.

Safe Milk for Infants and Invalids
HORLICK'S THE ORIGINAL MALTED MILK
Rich milk, malted grain, in powder form. For infants, invalids, growing children. Pure nutrition, upbuilding the whole body. Invigorates nursing mothers and the aged. More nutritious than tea, coffee, etc. Instantly prepared. Requires no cooking. Substitutes Cost You Same Price.

Mi-KTA Superfluuous Hair Remover
The only treatment which will remove permanently all superfluuous hair from the face, neck, arms or any part of the body. No electric needles, boring cautery or costly electrolysis. Original, ready-made and used exclusively by me.

GOOD HEALTH QUESTION BOX

By JOHN HARVEY KELLOGG, M. D., LL. D.
In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will he take the risk of making diagnosis or prescribing for ailments requiring medical or surgical treatment. Health questions will be promptly answered by personal letters to inquirers who inclose stamped envelopes for reply.

How Laughing Aids Digestion
GENTLE exercise is beneficial to digestion—a complicated process, composed of two parts: First, the mechanical action upon the food, and second, the chemical action. The hand puts the food into the mouth, then the teeth chew it, and then it is swallowed. The saliva continues to act upon the food in the stomach. Then the stomach must manipulate it, mix it, move it on, and dole it out, a teaspoonful at a time, as it is prepared for the work of the small intestine. Next it is moved along the small intestine, and at the end of eight or nine hours it comes down to the colon, and when it gets there it has lost its nutritive properties. Virtually all the useful elements have been absorbed and the bulk has been reduced. The small intestine absorbs, during the course of the day, five or six quarts of liquid, whereas only about seven or eight ounces of material enter the colon, and of this only about half is absorbed. The colon absorbs about ten ounces, whereas the small intestine absorbs five or six quarts.

Ice Cream
No ice cream a laxative diet. No ice cream is rather an objectionable article of food. There is no very serious objection to ice cream if it is properly eaten, but it must be eaten very slowly, as to be warmed to the temperature of the stomach. Ice cream sodas are unwholesome. Ice cream is food and should be taken only at meal time if at all. The icees are better.

Hard Water and Blood Pressure
Should people with high blood pressure drink hard water? Hard water does not affect blood pressure.

Vaccination of Baby
Do you believe in vaccinating a baby against measles, diphtheria, whooping cough, etc.? I would rather keep the baby away from smallpox or any other disease than to vaccinate it, but if likely to be exposed it should be vaccinated.

Rheumatism
What is the cause and cure of rheumatism? How many kinds are there? There are many forms of joint disease popularly known as rheumatism. Acute rheumatism is usually due to infection, a source of which may be the teeth, a tonsil, the urinary tract, or the source may be unknown. Chronic rheumatism is probably also due to germs or germ products, a very common source of which is the colon.

Cocoa
Is cocoa injurious in cases of kidney trouble? Cocoa, like tea and coffee, is open to the objection that it contains a poisonous alkaline principle. The theobromin of cocoa and chocolate is closely related to caffeine. It is possible to remove theobromin from cocoa.

"MA" SUNDAY'S INTIMATE TALKS
The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

Patriots and Patriots
than at any other period in our history who can show their scorn for the slacker and their loyalty to the fighting man who is not afraid to go to the front.

When our boys are lying out under the dark clouds in the trenches, "Somebody in France," their thoughts will not be so much occupied with the bullets of a watching foe as with the little scoundrel back home, waiting and watching for their return.

If those women can register a public protest against those other men, who could register a protest against the slacker? The popular standard of honor that the slacker will find hard to face. There is nothing a man hesitates to face more than the disapproval of a woman. The woman of this country can do more to aid recruiting than all of the Government appeals that can be issued. And there is a promising and timely field for their efforts just now in exposing and ostracizing the commercial slacker, who is advancing an alias to cover his lack of manhood and patriotism.

Of all types of slackers he is the most despicable and the most cowardly—who stays at home to make a profit through this war for humanity and democracy.

Friday—Joy riding.

MANDO
Remove superfluous hair from the face, neck, arms or any part of the body. No electric needles, boring cautery or costly electrolysis. Original, ready-made and used exclusively by me.

Unlimited Hot Water at Trifling Cost
Without the discomfort of a hot kitchen it is always on tap. You install it.

Fleck Ohio Junior Water Heater
Use only a bucket of coal a day. Can be attached to any boiler. Keeps the cellar dry and sanitary.

Write for Booklet.
Fleck Bros. Co. SHOWROOMS
44 to 50 N. 5th St.
Heating
A Water Supply
506 Arch St.

After the Summer Vacation
Freckles and Tan Should Be Removed.
Freckles perfectly and permanently removed by my wonderful Freckle Remover. Tan and Sunburn removed in a few treatments.

Heat your home the Pipeless Way
The Keystone Pipeless Furnace maintains an even, healthful temperature throughout the entire house from one register. Can be installed in any dwelling without tearing up walls for pipes and flues. The Keystone Pipeless Furnace is simple in design and follows the laws of nature, creating a circulation of fresh, warm air and driving the cold air through the outer casing to be again heated and re-circulated. Economical to operate, for causing to be again heated. Ideal for country homes. Write for booklet.

Keystone Supply & Mfg. Co.
Plumbing and Heating Materials
917-49 N. Ninth St.