ST. PATRICK'S DAY PARTIES IN WARTIME—SPRINGTIME MODES AND VARIED WOMEN'S INTERESTS

THE FLAVOR AND FANCY OF ERIN AS GIVEN IN THE TIME O' WAR

That St. Patrick's Day Party Need Not Be Forgone—Plenty of Planning and Little Spending Are the Keynotes of It

MUS disthractin' it tis! Right when everybody is in the first throes of spring fever along comes St. Patrick's Day. And with Ireland and springtime—friends that they are—tempting you together, what's to be done?

And so in spite of the war, it is whispered, many have launched plans for that Erin Go Bragh party. Hist now! It's to be a wartime party. A great deal of thinking and working and very little spending. And only the kinds of food Uncle Sam says we can eat.

EVERYTHING, of course, at the party you're thinking of giving must have the flavor and fancy of Erin. That's where the work comes in. If it's to be a dinner party, a little white correspondence card, for instance, with the items painted on in green, will help the imagination of your guests. It can be a place card too. Here's a sample one:

Chicken Wearin' the Green
Just a Little Irish Cabin
Murphy's Rolls A Bit o' Tay
St. Patrick's Salad
A Bit of Blarney

The chicken is chicken a la king decorated with shamrocks cut from green peppers; the Irish cabin, mashed potatoes molded to represent a little cabin. The tea, of course, is just tea and the St. Patrick's salad is pineapple and nuts on lettuce covered with green mayonnaise, made by adding crushed parsley or spinach juice to the ordinary mayonnaise. Murphy's rolls are potato bread. A bit of blarney is pistache ice cream made into a light dessert by adding whipped cream sweetened with honey.

Even if it's only a buffet supper to be served in the middle of the evening, a little menu card will help out. The St. Patrick's salad, the Murphy rolls and the bit of blarney can be served.

DECORATIONS are another very important part of the party. Endless combinations suggest themselves: A simple little green basket in the center of the table filled with pink roses tied with strands of green baby ribbon that reach out to the end of the table; an old Irish cabin, built out of a wooden or cardboard box; a little manufactured garden grows in the front of this and a couple of little dolls dressed as peasants add to the scene. The blarney stone makes a good centerpiece, and if crudely built makes a great deal of fun.

Time and trouble it may take to get ready the Erin Go Bragh party, but it will not offend against the laws of wartime if gone about in the right way!

Today Is Wheatless Day

It gives a chance to use that pound of cereal or corn meal you bought in the 50-50 plan of selling wheat flour.

Remember, wheatless day in the home means three meals eaten without even Victory bread.

This does not necessitate experimenting with difficult recipes. When cereals are eaten plentifully for breakfast you need no bread. One medium-sized potato gives you as much starch as two slices of bread. This, too, saves wheat.

SHARE YOUR TABLE WITH OUR ALLIES. OBSERVE YOUR COUNTRY'S WHEATLESS DAY!

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. In substituting honey for white sugar, how much should be used?
2. How can chewing gum be removed from clothing?
3. When the paper doll's clothes refuse to stay on by means of the little cardboard "bendbacks," what little device can be applied?

1. Approximately how many women in the United States are engaged in agriculture?
2. What are the "Wrens" of England?
3. In writing a business letter to a married or an unmarried woman with whom one is not acquainted, how is she properly addressed?

ANSWERS TO YESTERDAY'S INQUIRIES

1. Shamrock salad is made by cutting green canned peppers and lettuce leaves in the form of shamrocks. The pepper shamrocks are small and the lettuce ones large enough to cover the plate. The salad is dressed with green mayonnaise.
2. A hot-pot is an economical dish which saves fuel and money because it makes use of leftover vegetables, stock, etc. It consists of meat as a rule and several vegetables all cooked in the same pot. There are vegetable hot-pots, too.
3. If mother calls the children in from play with a whistle a good deal of wear on her throat will be saved. Two blasts can be the signal for one child to come in, three for another, etc.

St. Patrick's Day Games

To the Editor of Woman's Page:

Dear Madam—Can you print in your paper games that could be played at a St. Patrick's night party where we are to progress from table to table? There are six tables. MARGARET.

At the first table see who can form the most words out of the letters in the words "Erin Go Bragh." Give each guest a pencil and paper.

At the second table have a bowl filled with pieces of green tape a quarter of a yard long and each tied full of hard knots. See which partners, working together, can straighten out the most lengths.

Have a pile of pebbles or beans wrapped in green paper and at the top of the pile a St. Patrick's Day favor, such as a little Irishman. Let each player in turn remove a pebble from the heap. If he overthrows the little Irishman he must forfeit it. See who can secure the most "rocks" in a given time.—Mary Dawson's Game Book.

The other games have been mailed to you.

She Wants to Know

To the Editor of Woman's Page:

Dear Madam—The recipe which I sent you for cakes for children was published in the issue of March 8. It calls for seven-eighths cupful of flour and one-eighth was published. You have helped me before and again I come to you for advice.

Can ink spots be taken out of linen?

Is there any seed store which sells tape seed in Philadelphia?

With repeated thanks I hope to remain a reader. I WANTA KNOW.

The corrected recipe now reads: Three tablespoonfuls of fat. Add to this one-half cupful of granulated sugar and a mixture of one beaten egg and one-quarter cupful of milk and another mixture of seven-eighths cupful of "fifty-fifty" flour and one teaspoonful of baking powder, alternating. May I ask when recipes are sent in that their writers be very careful to write quite distinctly? Sometimes it is so hard to tell one figure from another. We are sorry for our mistake, however.

Ink stains can be taken out of linen by soaking in milk for a day or two or with a solution of oxalic acid. If the acid is used soak the stain for a few seconds, then rinse in clear water and finally in water to which a couple of drops of ammonia have been added.

I have tried the larger seed stores and also some of the larger drug stores and can find no one who carries tape seed. You might be able to get it by making a systematic telephone canvass of the seed stores scattered throughout the city.

Another "Cottage by the Sea"

To the Editor of Woman's Page:

Dear Madam—I am inclosing a copy of the old song "The Cottage by the Sea." Though it is not the same as quoted in the issue of Public Ledger, I have taken from a collection of old songs and I thought it might probably be the one wanted. I always read and enjoy your "corner" of the paper and have learned many useful things from it. May I encroach on your valuable time to ask a couple of questions? First, is there any way I can take the water marks out of an almost new mattress caused by excessive night sweats? Second, Is there any possible use I can make of a discarded rubber union suit? It is not much used and is of fine quality. Third, Where is the following quotation from, "They also serve who only stand and wait"? (Mrs.) J. H. G.

Thank you very much indeed for your courtesy in letter and for sending in the poem. I shall send a copy of it to the reader who asked for it and shall print it tomorrow evening for the benefit of other readers who might be interested. The perspiration that comes from the body, except that from under the arm pits, is acid. So you can possibly remove the stained mattress with ammonia. Try a weak solution at first and make it a little stronger if this is ineffective. A weak solution of ammonia might be effective in taking out perspiration coming from the armpits. Chloroform would take the last traces of the stain away.

I do not know of any use made of old rubber by the Red Cross, with which I am not familiar. If I could learn of any use I would be glad to pass it along.

Rose Party for June

To the Editor of Woman's Page:

Dear Madam—Will you kindly answer these questions for me? Mamma promised me a party in June. Don't you think it would be nice to have a rose party? Can you suggest some decorations and will you please tell me some nice games to play for girls and boys whose ages range from twelve to fourteen?

The boys I play with are very nice boys, but they like to play some kissing games at parties and so do some of my girl friends. Do you think it is all right? A SCHOOLGIRL.

I think a rose party would be lovely. Have little rose crepe paper boxes filled with salted nuts as favors and trim the table with pink roses. Carry out the pink-and-white effect in the china, if possible, and use candles shaded with pink crepe paper roses on the table. Serve light sandwiches and strawberry ice cream and pink iced cakes.

A progressive game party would be nice. Have a different game at each table and let the two who win each time progress to the next table and change partners there, and so on until all the guests have played each game once. Have "Authors" at one table, "Peter Coddles" at another, "Tiddledy Winks" at a third and a short card game at a fourth. You could arrange to have "Lotto" at another table; in fact, you would find any number of short games at the five and ten-cent stores for all the tables. Give a prize to the one who wins most games, a second prize and a "booby." This kind of an entertainment will take up most of your time, and with a little bit of dancing and supper your friends will be more than delighted.

I would not have kissing games, dear. It makes the boys and girls familiar and somehow they lose respect for each other if they get too familiar. When the little girls grow older they will be glad they did not play such games.

"Meet Mother in the Skies"

To the Editor of Woman's Page:

Dear Madam—I am sending the words of the hymn, "Meet Mother in the Skies" in response to "Reader's" request for them. I am sorry that I am unable to furnish the name of the hymnal, as the cover has been lost from ours:

In a lovely graveyard, many miles away,
Lies your dear old mother, 'neath the cold, cold clay;
Mem'ries oft returning of her tears and sighs;
If you love your mother, meet her in the skies.

Chorus

Listening to her pleadings, "Wand'ring boy come home,"
Lovingly entreating, "Do not longer roam;"
Let your manhood waken, heav'nward lift your eyes;
If you love your mother, meet her in the skies.

Now the old home vacant, has no charms for you;
One dear form is absent, mother, kind and true.
Evermore she dwells where pleasure never dies;
If you love your mother, meet her in the skies.

Now in true repentance to the Saviour flee;
He who pardoned mother, mercy has for thee;
Now He waits to comfort, He will not despise;
If you love your mother, meet her in the skies. M. E. F.

Thank you for taking the trouble to copy out the hymn.

New York Marriage Laws

To the Editor of Woman's Page:

Dear Madam—I want to thank you ever so much for giving me the information that you have in reference to secret marriages and I shall try again to use my influence with my friend, I failed to state their ages, I believe, when I wrote to you last. He is twenty-six years old and she is nineteen. Can they get married at that age in New York?

Again I thank you for the last favor and hope that you will find space in your valuable paper to print this letter. A DAILY READER.

It is possible for persons of the ages [illegible] to be married in New York.

Editorial for Women Written by a Woman

SYDNEY V. WILSON

HOSPITAL LIBRARY WORK

By SYDNEY V. WILSON

In Charge of Hospital Library Work, Philadelphia Branch National League for Woman's Service.

WERE you ever sick in bed, melancholy and bored with the very existence of life and not caring much what happened to you, when some kind friend literally blew into your room like a breath of fresh air and gave you a cheerful story to read? Soon self was forgotten, you were puzzling out the romance of Betty Brown, strolling through green gardens with her—your recovery was rapid!

Don't you want to help the wounded and sick soldier to forget his awful, agonizing pain, to forget that deathly sight that was flashed across his eyes by the hideous starshells, to clear the horror from his mind, to forget all this in a happy story? Don't you want to start him thinking about wholesome things during his days, weeks or months in the hospital? Have you ever realized that the mental attitude of the patient is half the battle?

Of course, the sick and wounded in their weakened and disabled condition cannot hold a book or heavy magazine, so a new kind of library has been planned. Short, cheerful stories, light, funny ones, are cut out of magazines and bound. These stories rarely exceed twelve pages, so that the frail or maimed arm may not be taxed. The Geographical Magazine is full of fascinating travel, customs of countries of the Orient and jungled Africa. Sections of this magazine are cut out and bound and supply thrilling reading. Appropriate pictures are pasted in the front of all the books. Jokes, of course, play a prominent part in the library.

Matters have been simplified for nurses, too, by having different colored bindings for different types of writing. For instance, all fiction is bound in black, travel in bright yellow, etc., so that the nurse only has to choose a color in order to find the kind of story for which she is looking.

No war articles are allowed. It has been decided that any man that has reached a hospital does not want to read about what sent him there, so all stories are censored.

Just think, you can work at home cutting out pages of cheer from your magazines as well as bright-colored pictures—then bring them in to 1702 Walnut street, the National League for Woman's Service, and learn to bind. We don't promise not to sign you up as a regular worker. We need you.

Sydney V. Wilson

War Savings Jingles

There was a wicked man and he had a wicked look,
He was a wicked Kaiser, and what he wanted he just took.
He fought a wicked war, and he said it was just right,
Until some little Thrift Stamps just put him out of sight.

Camden Florist Found Dead

Harry Sharp, a florist, of 926 Broadway, Camden, was found dead in bed yesterday morning by his sister. He was fifty-five years old and had been ailing with an affection of the heart. He had been long in the florist business in Camden.

PLAN WOMEN'S PART IN LOAN CAMPAIGN

Meeting at the Bellevue-Stratford Takes Up Final Instructions

ORGANIZATIONS BUSY

Final plans for the women's patriotic part in the coming Liberty Loan campaign will be completed at today's session of the conference representing 1000 volunteers who will work for the women's committee of the Liberty Loan committee.

The meeting was called for 10 o'clock this morning at the Bellevue-Stratford Hotel by Mrs. Walter S. Thomson, chairman of the women's committee. Final instructions will be given to the district chairmen and workers from all sections of Pennsylvania, Delaware and New Jersey for the big campaign that begins April 6.

The week is a busy one for women's organizations, with an important meeting of the Women's League for Good Government scheduled for tomorrow.

A message from Ville-sur-Ers Aumont, the French town "adopted" by the current events class of the Philomusian Club, will be read at a meeting of the class this morning.

TO DISCUSS GARDENING

An open meeting for patriotic service will be held at the New Century Club this afternoon, with gardening and food conservation as the main topic. Among the speakers will be W. F. Therkildson, of the Philadelphia County Food Commission; F. F. Rockwell, author, and Miss Caro Miller, supervisor of school gardens.

The world relations of China will be described in a lantern-slide lecture by the Rev. Frederick Poole at the Plastic Club this afternoon. Wool for the war-knitting of the club's navy auxiliary will be distributed to the members.

Otto Thielow will continue his talks on early planting before the reading department of the Woman's Club of Cynwyd at the home of the chairman, Mrs. T. C. Yocum, this afternoon, and a meeting of those interested in gardening will be held tonight at the home of Mrs. W. F. Hamilton. Mrs. Isaac H. Rosdes, of Lansdowne, will speak on "Woman's Work in Wartime" before the Century Club of Norwood.

ORGANIZATION LUNCHEON

An organization luncheon of the Woman's League for Good Government will be held tomorrow preparatory to the campaign for members and ward leagues the week of March 18. The league will urge voters to register and vote, pointing out that the coming State Legislature will consider the prohibition amendment and perhaps the suffrage amendment. The chairman of the campaign committee is Mrs. Frank Miles Day, who is aided by Mrs. J. L. Jerome Ferris and Mrs. Edward C. McCollin.

Ernest T. Trigg, president of the Philadelphia Chamber of Commerce, will address the Woman's Club of the Temple University tomorrow morning on "What the Chamber Thinks Women Can Do to Better Conditions in Philadelphia." Miss Amelia F. Culbertson will speak about city nurses and Miss Katherine Rosencranz will sing.

Yesterday—Today

Too long I've sung of butterflies and flowers,
Of amorous lips secure in lacy veils,
Of budding dawns and fading sunset trails,
Of billowing fields of wheat in summer hours,
And birds at gossip shrill in shady bowers.

Alas, dear Muse, the smiling day is done,
All hushed the songs of youth's envisioned ease,
For battle-hymns alone can ride the breeze
That bears the shriek of shell and roar of gun
With presage sure of victory to be won.

When once again I verse the glorious morn,
'Twill show in utter rout to farthest skies
Teutonic hordes in flight mid craven cries—
Till then, oh sun of France, of which are born
Our golden fields, thy light from me be shorn.

Your azure plains and hills of snowy cloud
Must rest in shadow 'gainst the fated day
Your arrowed fire reveals their fleeing way,
For me, who see but France in anguish bowed,
Enough of dreams, my songs her dead enshroud.

If melody their glory can enhance
My voice be tuned to hand-grenade and shell;
And should it come that where they fighting fell
I some day lie a sharer in their chance—
My muted song shall rise a prayer for France!

—Jean de Perceval, translated in the Literary Digest.

IN THE MOMENT'S MODES

Afternoon Frock of Quaker Gray Georgette

There is no color more satisfying for spring wear than Quaker gray—the color of the georgette that makes this charming little frock for informal afternoon affairs. The tucks of the skirt are topped with hemstitching, and the blouse is embroidered with tiny blue and green glass beads.

St. Patrick's Day Dessert

Prepare a plain jello in the usual way, flavor with orange and lemon extract and tint with green vegetable coloring. Pour into a large shallow pan so that the jello will be about one-half inch in thickness. With a large cookie cutter, cut out slices and place on a small white plate. Prepare another package of the jello in the same way and mold in straight individual molds. Place one of these on each slice. Before serving have ready some whipped cream and with a spoon put a white band of the cream around the green crown of the "hat."

War Savings Jingles

"Little maid, pretty maid, whither goest thou?"
"To buy Thrift Stamps, and I don't know how."
"Take your quarters to a store anywhere,
They mean bullets for the boys 'over there!'"

War Savings Jingles

Fiddle-de-dee, fiddle-de-dee,
I bought Thrift Stamps for you and for me.
It's awfully easy, once you begin,
Spending, ma says, is a terrible sin.

BEEFSTEAK FOE TO EFFICIENCY

Advice on preventive medicine will be given by Doctor Kellogg in this column daily; but in no case will diagnosis or treatment of ailments be attempted. Personal queries on health will be promptly answered if postage is inclosed.

By J. H. KELLOGG, M. D., LL. D.

"'TWAS the Beefsteak Did It"—this was the excuse given by a famous pugilist for his first defeat. He confessed that on the day of his unsuccessful battle he added to his regulation bill of fare an extra beefsteak when his trainer was not looking. He said, "That beefsteak made me tired." He was right. Very likely the beefsteak was the cause of his defeat.

Many a business man owes his failure to the same cause. Many a professor who finds his work a burden and sees himself losing his grip upon his position might find the explanation of his declining efficiency in the same cause—an excessive protein intake. When one takes an excess of fat, or carbohydrate, the excess may be easily disposed of, as it is deposited as fat beneath the skin. In other words, one takes on a little added weight, which may be done without any material decrease of mental or physical efficiency. But when one takes an excess of protein, through the freer use of meat and eggs, the result is different. The protein of the surplus is digested and absorbed, but instead of being deposited as residual tissue to be used perhaps at some future time or as an addition to the body weight, this surplus must be at once eliminated, for nature has made no provision for the storage of any considerable excess of protein. It is converted into urea, carried off through the kidneys, and thus the bloodstream is loaded to an excessive degree with waste material and the kidneys are required to do an excess of work in the elimination of these poisons. In the meantime, while the process of elimination is going on, every cell of the body, including every brain and nerve cell, is bathed with blood which is supersaturated with poisonous and waste material.

But this is not the worst of it. A considerable part of the surplus protein remains in the alimentary canal undigested and while lying in the colon hour after hour rapid putrefaction takes place. Ptomaines and toxins are produced and the absorption of these poisons, many of which have the virulence of snake venoms, exposes the entire body to a highly pernicious and dangerous form of intoxication. Ptomaine intoxication may befuddle a man's brain, weaken his judgment, lessen his inhibitory power, destroy his ability to perceive and decide quickly, to dispatch business, to initiate, to originate, to execute, in exactly the same way and to as high a degree as alcohol, opium or any other drug.

Many a business man past forty years who imagines himself to be suffering from overwork is simply suffering from food poisoning.

Excess of protein, the chief cause of food poisons, is the greatest danger to which the American business man is exposed. The American business man at the present time faces a greater danger in the beefsteak which he swallows every day at the dinner table than in any of the commercial problems which are at the present moment so widely discussed in the newspapers. Beefsteak poisoning is a menace, not only to the American business man, but to professional men of every type. Cut out beefsteaks, cut out meats of all sorts, cut out tea and coffee, cut out cigars, cut out alcoholism. Live the simple life. This is the best advice that can be given to the business man who seeks success through increasing personal efficiency.

QUESTIONS AND ANSWERS

Cold Water—Headache

Are there conditions of the stomach in which the drinking of cold water causes headache? EVA B.

Sometimes a disturbance of the circulation, a vasomotor disturbance, is set up by drinking a large amount of cold water, and this may produce headaches and even worse effects.

Gas in Intestine

Why do so many persons complain of gas in the intestine after they have stopped eating meat for several months? J. C.

Gas in the intestine is due to the fermentation of starch, sugar or cellulose. Persons who take a great deal of cellulose are likely to suffer from gas until they get their flora changed, because some of these germs that produce putrefaction also have the power of decomposing wood and they attack the cellulose and produce gas; but this is a process which is incident to the change of intestinal flora. When you get the bad germs driven out and the normal set of germs established, then this symptom disappears. It generally takes three or four weeks to get rid of these gas-forming germs. If one is really thoroughgoing, the thing can be accomplished in less time than that. Sometimes if the colon is badly crippled it may take several months.

Autointoxication

A person with autointoxication suffers from hot hands and pain in the elbow. Is it due to poisons? F. E. G.

Yes. Headache, eyeache, backache, legache—all kinds of aches may be traced to these poisons. One poison may give you headache, another may produce backache and another may give you the fidgets and make you nervous. There are different kinds of germs growing in the alimentary canal, many of them making poisons. There are plenty of causes for all the symptoms that neurasthenic people suffer.

Arthritis

What is the cause of arthritis? N. W. G.

Sometimes it is an abscess at the roots of the teeth. Sometimes it is a diseased gall-bladder or diseased tonsils. More often than anything else it is colitis, infection of the colon.

Diabetic Patients

Should diabetic patients exercise? If so, how much? J. H. C.

Ask your doctor about that. Some need to exercise a good deal more and some very little. When taking a fluid diet or fasting there should be almost no exercise at all.

(Copyright)

War Savings Jingles

Sew, girls, sew, and save, boys, save,
That our fighters may fight with vim;
That the Kaiser is taught that the stamps we bought
Mean the end of the world for him.

Tomorrow's War Menu

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

BREAKFAST (Wheatless)
Stewed Prunes
Oatmeal and Top Milk
Creamed Ham
Eggless Rye Muffins Coffee

LUNCHEON
Corn Rarebit
Baked Potatoes Coleslaw
Apple Sauce

DINNER
Braised Chicken
Mashed Potatoes Cabbage au Gratin
Banana Charlotte

EGGLESS RYE MUFFINS

Two cupfuls rye flour, four teaspoonfuls baking powder, one-half teaspoonful salt, four teaspoonfuls sugar, one cupful milk, one tablespoonful vegetable oil or fat.

Mix and sift the dry ingredients; add the milk and vegetable oil. Mix quickly, do not beat. Bake in greased muffin-pans twenty minutes in a hot oven. This yields twelve muffins.—Food Administration.

Sewing Hint

When sewing on hooks and eyes, pin a tape measure where the hooks are to go and sew on hooks an inch apart, then pin the tape measure on opposite sides and sew on the eyes. This is much simpler than measuring for each one separately.

Conservation
(The Watchword)
Conservation of fabrics is next in importance to conservation of food. Send your wearing apparel and household articles to PRIMO, Cleaners and Dyers, to rejuvenate them expertly at little expense.
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