

ALL THE WORLD IS SNEEZING AND SNIFFLING, M'LISS SAYS

Though Some Are Putting Themselves into the Hands of Miss Mae B. Culver for a Rapid-fire Treatment

WHILE the city is sneezing and sniffing in the throes of the grip and its allied ailments, a few wise Philadelphia women are visiting the white-tiled, immaculately enameled precincts of the basement of the Jefferson Hospital and putting themselves in the capable hands of Miss Mae B. Culver, the presiding genius of the hydro-therapeutic department located there.

"Four days," said the renowned Dr. Oaler when he was asked for a cure of a cold.

"An hour for two consecutive days," Miss Culver told me this morning as she kept her eye anxiously on a patient enveloped in Turkish toweling and stretched on a slab. "It's only the old conservative doctors who administer the moss-grown doses of years gone by now."

I doubt if a more severe knock-out blow to the old-fashioned belief in the efficacy of such concoctions as wild cherry and cod-liver oil, "quinine and" and similar doses was ever delivered.

"No good," was Miss Culver's emphatic verdict on these. "If you've got the kind of cold you can't shake off, what you want is an electric bath, plus hot and cold water treatments, plus massage. It's not Turkish or Russian bathing. It's hydrotherapy. And it prevents as well as cures."

Having your cold steamed out of you is not a new suggestion, but the plaudits that Miss Culver's patients heap on her when they find themselves divorced (sometimes in one day) from a cold that they had expected to have hang on for weeks speaks well for her treatment.

Two dollars a visit is the charge. Pretty cheap at that when you consider the expensive pharmacy you can stock up in trying to get rid of the streptococci that fill your system with pneumonia.

Depending on the Viewpoint

Many a woman who thinks she has a wonderfully developed temperament is only suffering from a bad disposition.

Substantial Understanding

I believe that the average woman is filled with a feeling something akin to shame if she possesses a pair of pedal extremities that require a size larger than No. 5 to shoe them.

What would you say if you heard that there are women in this city who measure No. 11 when they put their feet down on the rug? And there are plenty of women who, if the truth were told, would have to "fees up to size eight and nine."

I was talking to the head of one of the largest shoe departments in Philadelphia the other day who at one fell swoop shattered all the accepted notions on the size of women's feet.

"Six is not considered large any more," she said, authoritatively, "and many of my patrons will come in and ask for sevens without a blush. Eights are not so common, but they are not unusual. We are prepared to take care of the nines and tens also. Two of my customers require elevens. I usually get a man to do the fitting for them."

If you've ever seen a No. 11 you would believe with me that a derrick in place of the man would be more humane.

Does It Pay to Darn?

"Is it economy," asks a practical woman, "for me to spend one-half hour darning a pair of my husband's socks that cost only 25 cents?"

It all depends, I should say, on how long the socks are going to last after darned. But 50 cents an hour isn't sweat-shop wage, at any rate.

Dog Days

A woman I know who believes no home to be complete without its dogs tells me that there is a fashion in canines just as there is in frocks and hats.

Alredales, it seems, are "in" at the present moment and the cunning little "Poms" that were on the crest of the wave several years ago have lost tone.

There's no accounting for fashion's whim. Time was when the lovable Alredale was considered good enough to have around the stable or garage, but quite unfit for milady's equipage. The fussy Pomeranian sat in dog state. But the "king is dead; long live the king!" And, after all, every dog is entitled to have his day.

The Merry-Go-Round

Concentration is a time-saver, say the copy-books. But in these days of belated Christmas shopping concentration is difficult of achievement, particularly when there are revolving doors to interfere.

I saw a woman yesterday, her arms laden with bundles, walking round and round in one, just as though she were playing a game or on a carousel.

"What in the world is the matter with me?" she asked herself confusedly when she came to herself. "I can't seem to concentrate."

The snug compartment of a revolving door is not such a dangerous place to be in when an attack like this is imminent.

Real Abnegation

Definition of feminine self-sacrifice: Presenting your husband with the smoking jacket he has set his heart on instead of the cut-glass flower vase you think he ought to have.

These Male Writers!

"Women never seem quite to have their heads and never seem quite to lose them," says Mr. H. G. Wells.

It's hard sometimes for a clever writer to sacrifice a smart paradox for the homely truth.

Address all communications to M'LISS, care of the Evening Ledger. Write on one side of the paper only.

Letters to the Editor of the Woman's Page

Dear M'LISS—Will you kindly publish in your valuable column some games that may be played by adults at a party of 20. I wish to use them on Christmas.

A very interesting little book that I have cited any number of games that ought to prove good fun. One of them is called Baby Photograph. Each guest is requested to bring to the party a picture of himself or herself taken in the childhood stage. They are numbered and arranged about the room, the guests are provided with pencils and paper and asked to guess whose photographs they are. A prize should be given the most successful contestant.

A game called the "Hole in the Sheet" also provides much amusement. A hole the size of a quarter is cut in an old sheet and the players are divided into two divisions, one staying in the room, the other going out. The sheet is suspended in the doorway. Those who have retired from the room take turns in placing their eyes at the hole. The eye remains there only a short time. Those on the inside consult each other and guess. It is better for the inside of the room to be well-lighted and the outside in semi-darkness.

If you care to consult this book, stop at my office at 608 Chestnut street and I shall be glad to show it to you.

Dear M'LISS—What qualifications are necessary to become a member of the Philadelphia Stage Society?

Incipient dramatic ability, at least, if you want an acting membership. For further information address B. F. Glazer, in care of the Little Theatre.

Dear M'LISS—Why are bananas considered so nutritious? I have heard that they are the healthiest of all fruits.

Bananas contain less water than most fruits, also a great deal of protein and a large per cent. of carbohydrates. Hence their nutritiousness.

SEEN IN THE SHOPS



A SMART COUNTRY SUIT FOR KNOCK-ABOUT

THIS is one of the new sports suits to be worn at the country club, skating, cross-country tramping or town shopping. A very unusual feature of it is the wide belt, which may be worn as such or thrown around the neck as a scarf.

Leather trimming, now so popular, is used for the collar, cuffs, on the pockets concealed under the belt and on the pockets of the skirt. The collar is convertible, standing high in the neck when desired, and the coat, when not belted, is a blazer model. The suit is of melton, and may be had in green, blue, rose and brown, with the leather trimming either matching or contrasting. The price is \$32.50.

The hat, which also resists the elements, is likewise of leather and, incidentally, quite new. Price, \$6.

Full particulars as to the place where this article may be purchased can be obtained by sending a stamped, addressed envelope to the Editor of the Woman's Page, EVENING LEDGER, 612 Chestnut street. A clipping of the gown or fashion you want must be inclosed.

Marion Harland's Corner

Ear Tube Easy to Make

"CORA B. asks for an ear tube. I wish to say to her and some of her fellow sufferers that a cheap 25-cent paper megaphone is the best thing they can get. It may be used either by the speaker or hearer. If by the speaker, it may be held beside the cheek, pointing forward. One can be made by taking a thin piece of cardboard, 16 inches square, and from one corner draw two circles of 4 inch and 16 inch radius, cut these out, and you have the shell of the megaphone. Punch a hole in it for your finger to hold it. It is necessary to say, curl it and sew or stick the edges together?"

Old Magazines to Pass Along

"Mother disposed of 544 pounds of magazines to one of the women of our church today, but she saved out the latest and best of them, having 'Lonely' girl in mind. The women gather magazines and papers and sell them to a paper mill. The proceeds go into the missionary society. It is quite a unique idea, and thus they net about \$30 or \$35, but often one would like to pass on some of the magazines if we only knew just where to send them. In our immediate neighborhood every one is well supplied with them. MRS. J. C."

Verses on "Paint"

"I notice C. M. L. asks about the verses on 'Paint.' I think they were written by Luke McLuke and published last winter in a newspaper. MRS. K. M. B."

Author of "Little Feet"

"The authorship of the poem, 'Little Feet,' is asked for. Florence Percy is the author's name. I have a copy of it. 'MRS. M. W. L.'"

How to Clean Brooms

"The following may be of use to the Corner: To clean brooms and brush brooms, hold under the hot water faucet and let the water run through the straws, rub a little soap on them and scrub with a stiff brush, always rubbing toward the bottom. The broom may be straightened at the same time and kept like new for a long time with care. Stand on its handle or hang up by a string. To clean trousers from which perspiration has taken the color: Wash them in warm water with a teaspoon of soda to each quart of water. Rinse thoroughly and when nearly dry press with a hot iron. 'R. W. A.'"

Gasoline for Bugs

"I have 'cleared up' my share of the 'United States,' and I do want to say to the poor 'animal hunters' 'Be careful!' Be more than careful in the use of gasoline, but use it for bedbugs, cockroaches and moths. There is nothing like it to get them out and keep them out of existence. Apply to closet floors, baseboards, etc. With a varnish brush go into the inside of the pedestal. My principal field piece is a large-sized machine oil can, that forces the ammunition into

every crack and crevice. Watch for the creatures and shoot them again! One can't relax until one is sure that not an enemy remains. But do be careful of your supplies! No artificial light should be near a room for hours after it has been cleaned and thoroughly aired. 'JESSIE C. P.'"

Things Worth Remembering

"How many remember that borax water will restore gloss to eaten-in washings? It is best to grate nutmeg at the blossom end? To leave a plait in the pudding bag for the pudding to swell? That stones can be removed easily from raisins if they are placed on an enamel plate and put into the oven for a few minutes? That if corks for seltz bottles are rubbed with mutton tallow they will not stick and break to pieces after a short time? That chimneys that are placed in cold water and brought to a slow boil before using will last longer? If a spoon is heated before giving sticky medicine to little children it will slip easily off and not be such a dose for them to take. If you must fry steak, just rub a piece of suet over the pan lightly. When hot put in the steak, and when it is hot turn over to the other side. Turn over every second or two and you will have a juicy steak. Do not cook one side, then turn the other; it loses its juices and toughens under such treatment. To clean a mattress use a paste of starch and cold water. After the mattress has been thoroughly beaten, spread a paste of moistened starch over it and leave for several hours. Beat with the powder will go the dust, grime, etc. Ammonia will remove iodine spots from it. 'ADMIRER OF THE CORNER.'"

All communications addressed to Miss Harland should inclose a stamped, self-addressed envelope, and a clipping of the article in which you are interested. Send to Marion Harland, Evening Ledger, 608 Chestnut street, Philadelphia.

THE CHEERFUL CHERUB

Oh, Christmas is a jolly time. There's naught but song and laughter heard. We all get lots of presents, and the bills don't come till afterward!



Artistic Ways of Hanging and Grouping Pictures

The hanging and framing of pictures plays a very important role in the furnishing of a room, because they are one of its greatest decorative factors. If pictures are hung in a haphazard way without thought of composition or unity, the walls will become spotted surfaces unrelated to the architectural unity of the room, and they would be far more acceptable if left entirely bare.

If you have a number of pictures of various sizes and shapes, different in quality and subject, select those that have some artistic merit, that are interpretative of some great thought or feeling. Arrange them with some thought of their relation to each other. Long wall spaces are difficult to handle, but you can make them interesting by breaking the floor spaces with your most significant piece of furniture. This will form the nucleus about which to arrange your pictures. Sometimes a triangular form is effective, or they may suggest the lines of an arch, but any means of securing balance and symmetry may be resorted to. If you are fortunate to possess a large fine picture, group others about it, alike in feeling.

Try to avoid hanging pictures or prints too closely together, for one production that is exquisite in its delicacy may be entirely overshadowed by an adjoining one that is virile or aggressive. The Japanese conception of showing but one picture at a time is a sensible one, for when the quality and even the frames of pictures differ widely they are apt to prove very disturbing. Colored pictures look best when given wall space to themselves. Frames of different color and material and design in close proximity are also apt to clash.

Pictures should be a harmonious part of the wall itself, so they should be fastened close to the wall and not allowed to tilt forward. Nails deface papering as well as the plaster, so wire must be resorted to as a means of attaching them to the wall, but it should be as inconspicuous and light in weight as possible. The height of the room as well as the position of the furniture must determine the hanging of pictures, but one rule to follow is to place them so you will not have to strain either up or down to see them. Try the angle of a picture by standing at a distance to get the effect. Its position may have to be changed several times before it is properly hung. Intimate photographs of friends and relatives should be relegated to the privacy of bedrooms or boudoirs; the living room should only contain those which are of general, artistic interest.

KEEP YOUR CHILDREN CHILDLIKE AND AVOID NERVOUS TROUBLE

By WILLIAM BRADY, M. D.

CHOREA or "St. Vitus' dance" is an acute, probably infectious (not contagious, but of bacterial origin), disease which runs a course of several weeks or months and terminates in complete recovery if the patient is not injured by ill-advised treatment. It is characteristically a disease of children of school age and of children in neuropathic families—that is, families with a tendency to nervous troubles. As for "cures," the particular mode of treatment, or charm, or prayer, or neglect, which happens to be in use toward the latter end of the attack, gets the credit—whereas nature produces the cure. The important part of medical treatment for chorea is to protect the child from injurious things.

As for the cause, the nervous tendency or vulnerability has already been mentioned. If the parents or others of the household are "nervous" the child will be, by association and by reason of bad habits—such as being up late nights, poor control of temper, too ready gratification of every trifling craving and faulty discipline in general.

But there is one very common abuse which we think should be stopped. So many little ones in the lower grades of school are drilled to take part in "performances"—and about the time the great performance is to take place, the poor little overdriven child develops chorea, directly or indirectly as a result of the nervous strain incident to the preparation, and in spite of the fact that the little one is apparently anxious and pleased to take part. Anything that makes a child self-conscious, gives ideas of superiority over the general average of young folk, or exhibits childish accomplishments—no, not childish, but precocious accomplishments—to the public is bad for that child's nervous system. Perhaps little private schoolroom speaking or entertainments, without outsiders present, are beneficial if sensibly managed by a teacher who knows the danger of stimulating vanity. But performances in which the innocent school child is made a "show actor," or allowed to play a part entirely unsuited to a child's natural capabilities, are down-

QUESTIONS AND ANSWERS

Can you suggest what will prevent or relieve the itching which comes on after a bath? I have suffered a great deal from it.

Answer—Causes of such itching are too much irritating soap—soap is not necessary every day for the bath; too hot or too cold water, and too prolonged bath; digestive disturbances from overeating; excessive friction in drying the skin. Don't scratch. Apply cornstarch powder freely.

Be Kind

If you are sighing for a lefty work, if great ambitions dominate your mind, just watch yourself, and see you do not shrink.

The common little ways of being kind. —Exchange.

Advertisement for HEMSTITCHING, featuring a sewing machine and text: '5 CENTS A YARD Hand Embroidery—Dress Making Buttons Covered—all styles MAIL ORDERS PROMPTLY ATTENDED TO Modern Embroidery Co. 1602 Chestnut St.'

Large advertisement for HALLAHAN'S shoes, featuring illustrations of various styles of shoes and text: 'The Daintiest of Christmas Specials. A final last-minute message to women who'll appreciate the charm, the adaptability, the flawless Hallahan workmanship and style found in this SHORT-SKIRT BOOT Specially Priced for Christmas Week at \$5. Imported Bronze, Tobacco Brown, Havana Brown, Dawn Gray and Royal Jet Kid. Other models with Cloth Tops, vamps of Gunmetal or Patent Leather. Tips or plain toes to suit your preference. Stitching of uppers in white silk or plain Leather Louis heels—\$5. Let us give you an expert fitting today. HALLAHAN'S Good Shoes 919-21 Market St. and all Branch Stores open Evenings until Christmas.'

MILLIE AND HER MILLIONS MILLIE IS PRECAUTION PERSONIFIED

Comic strip titled 'MILLIE AND HER MILLIONS' and 'MILLIE IS PRECAUTION PERSONIFIED'. It shows a man in bed being visited by a doctor. The man asks 'DO YOU FEEL ANY BETTER THIS MORNING, OLD SQUIDGE?' and the doctor replies 'YES THANKS, ANGEL, I FEEL SO WELL I'M AFRAID I'LL BE A GREAT DISAPPOINTMENT TO THE DOCTOR.' The man asks 'WHAT TIME IS THE DOCTOR COMING?' and the doctor replies 'I THINK HE SAID 11:30.' The man asks 'GRACIOUS! IT'S 11:55 NOW. I WONDER WHAT'S KEEPING HIM?' and the doctor replies 'MAYBE HIS WATCH ISN'T FEELING WELL.' The man asks 'MONTY, I'VE DECIDED TO ENGAGE A PHYSICIAN BY THE YEAR.' and the doctor replies 'WHAT!!' The man asks 'THE CROWNED HEADS OF EUROPE HAVE THEIR PRIVATE PHYSICIANS AND I'M SURE THEY CAN'T AFFORD IT ANY BETTER THAN WE CAN.'