

CHILD, MADE TO "FEEL DUMB," WRITES MOVINGLY TO M'LISS

Youngster Would Like to Be "Smart" Enough to Have Party and Go "Way in an 'Auto'" When She Graduates

THE following childish outpouring has touched me deeply:

"Dear M'LISS—I have a girl friend whom I go to see very much. I am a girl of 12 years of age, and when I went to her house I made friends with some nice girls who go to college.

"She always is very nice to us and tells us nice things. But every time we get talking he always tells us something about his sister and it makes me feel bad, because he tells me she is very bright in school and she is 13 years old, and is in her first year high school.

"He told me that when she graduated she had a large party, and after the party she went away in an auto for the summer. He said she can play the piano and swim well, and play all kinds of games with balls.

"Every time we get talking about her he makes me feel dumb, because I am 12 and am in the fifth grade B. Please answer to 'Serious mind.' I would be very much obliged if you could help me."

My dear Child of the Serious Mind—it does hurt terribly, does it not, to be made to "feel dumb," but do you know that in the long run it's awfully good for us, because when we have our eyes open to the fact that we do not possess the accomplishments that some of the boys and girls of our acquaintance possess, it makes us work all the harder, and in the end, if we really work hard enough, we find ourselves 'way ahead of those people to whom these things seem to come naturally.

I believe that there is scarcely anything that you cannot accomplish if you really want to and try hard enough. Don't envy the young man's clever little sister who can "play the piano and swim and play all kinds of games with balls, and who is in the first year high school." Resolve that you are going to do everything that you make up your mind to well, and don't let anything prevent you from living up to that resolution.

Many little boys and girls have not your advantage. They really are very stupid, but they do not think so, and therefore they never take any steps to overcome their stupidity. They are "dumb" little boys and girls and they "grow up" into "dumb" men and women. They go through life being "dumb" and miss all of the fine things on that account. The mere fact that you "feel dumb" puts you in a very hopeful class. Many people haven't sense enough to realize their own stupidity.

After all, you are not very far behind. To be 12 years old and in the fifth grade is no disgrace at all. It simply means that if you "pass" every year you'll be 15 when you graduate from high school instead of 18, which is the average age. Why not study two or three hours every day this summer in an effort to "skip" a grade? If you don't pass the exams this fall, your studying will at least help you in your work of the coming year and you can try again to "skip" a grade. The secret of the whole thing is not to give up.

Sometimes, too, backwardness at school does not mean that the backward child hasn't a good brain. It means that she hasn't a healthy body. Do you know that the wise doctors have found out that if a little boy, or girl, has adenoids (those hateful little growths that are in the back of some people's noses and make it hard to breathe right) or enlarged tonsils, he or she is not nearly so bright as the little boy or girl who hasn't got them? And soon after they are taken out the little boys and girls who had them become just as bright, and sometimes brighter than the rest of the children in the class. If we lived in olden times this would undoubtedly be called a miracle, but it's true just the same.

It would be splendid, of course, wouldn't it, if we could all have a party and ride away in an auto for the summer, almost like the princesses in the fairy stories—only they always picked out milk-white steeds with flowing manes and silky tails to ride away on. But if there are girls and boys who always seem to be having a better time than we have, think of the thousands who haven't as much—many of them never even get enough to eat.

Lots of boys and girls who were made to "feel dumb" grew up into very famous men and women. You remember Sir Walter Scott, who wrote "Ivanhoe," and all those other wonderful books, used to have to wear a dunce cap in school, because he was the very dumbest boy in the class. Maria Somerville, who became a very famous astronomer and whose name will go down in history, while those of her classmates are already forgotten, was exceedingly backward when she was your age. Precocity (you know that means being "smart for one's age") doesn't always mean that the child who is precocious is going to be a bigger success than the child who has to study very hard in order to know things.

Don't waste any time envying any little girl who seems to be more gifted than you, but spend every precious minute in trying to perfect yourself in the things you undertake, and I am sure that if you have a brother he will some day be as proud to boast of your accomplishments as the man you write about is of his sister.

My very best wishes to you.

M'LISS.

THE CHEERFUL CHERUB



Marion Harland's Corner

All communication addressed to Marion Harland, 1175 Chestnut St., Philadelphia, Pa., should be addressed to the editor of the Evening Ledger, 608 Chestnut St., Philadelphia, Pa. If possible, send the address of those to whom you would like to help, and having received them, communicate direct with those parties.

Jewish Bible in English

Will you please send the address of Esther E. to me? She wishes to join a dramatic club. Also, tell me where I can obtain a Jewish Bible written in English.

I have imagined that the Scriptures of the Old Testament read by the Hebrews are the same with those used by ourselves. If there be an edition published for the special services of the synagogue and for reading in Jewish families we shall be glad to secure a copy for our correspondent. The idea of a different version is new to me. I refer your request to readers of like faith with yourself. The address of Esther E. went to you by mail.

Origin of "Uncle Sam"

"Being a constant reader of your column, I should appreciate your telling me where the name 'Uncle Sam' originated. I am a full-fledged American citizen, and a little bit embarrassed at my own ignorance in this respect. Nevertheless, we all remember the old phrase, 'Better late than never.'"

The same question was printed in the Corner a month or so ago, and up to date we have had no reply. Nor have inquiries of private citizens, who, one would suppose, ought to be fully informed with regard to "catch words" pertaining to national affairs, been more successful. Again we appeal to readers of like faith for elucidation of the puzzle. Who first dubbed our dignified Government "Uncle Sam"?

SEEN IN THE SHOPS



LINGERIE GOWN FOR INFORMAL WEAR

TODAY'S illustration features a lingerie frock of unusual charm. It is of crew cut, with organics used in trimming the sleeves and bordering the double tunic effect, with hemstitching and piping used for outlining. The hem of the undergarment is finished with triple cording, which is also used in joining the deep cuffs to the bishop sleeves and outlining the waist front in velvet effect. Novelty buttons adorn the deep grille, which falls below the normal waist line. Price, \$25.75.

Gay colors are used very effectively in the hat, which is sulphur-colored lisse milan with a navy satin facing. Small navy plaited grosgrain adorned bows adorn the crown, which is encircled by a garden wreath of many colored flowers. In any color, \$1.50.

The name of the shop where these articles may be purchased will be supplied by the Editor of the Woman's Page, EVENING LEDGER, 608 Chestnut street. The request must be accompanied by a stamped, self-addressed envelope, and must mention the date on which the article appeared.

Letters to the Editor of the Woman's Page

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

Dear M'LISS—Please suggest some nice walks to take on Sundays not too far from Philadelphia.

HIKER.

Philadelphia is so rich in beautiful suburbs, and virtually every one has its "pretty walk." Specifically, however, there are few lovelier lanes and pikes than those that radiate from the 6th street terminal at Cobbs' Creek, the West Chester pike, the walk to Stratford—all are worthy of investigation. The road from Glenside to Willow Grove is said to be very inviting. Likewise, one from the end of Baltimore Avenue to Lansdowne by way of the Drexel Middle camp. To speak of the walk along the Wissahickon as one of exceptional charm, albeit too well patronized for one who wishes for the silent places, is to mention something well known to every one.

Dear M'LISS—Please tell me the best way to blanch sweetbreads after they have been parboiled?

COOK.

As soon as you take them from the boiling water, throw them into very cold water or iced water and let them remain until they are thoroughly chilled. This will whiten them.

Taking Government Claim

"Can you give me the help that you grant to so many? I want to know something about Government claims. What size claim can a person take and how long must he wait to get a check? What crops must be raised each year? Is there any age or sex limit in making a claim? Must one take a chance in taking one? And should I like some correspondence. I am 20."

"CORNERITE"

Write to the Department of the Interior, Washington, D. C., for full information upon the subject. You will receive exact details, etc., as to the steps you ought to take in the pursuit of your purpose. Nevertheless, should readers be cognizant of certain rules of which they have not learned by experience—happy and agreeable—the Corner is hospitably open to them, should they wish to give practical hints to our anxious correspondent. The correspondence he seeks may be of service to him in this direction.

Author of Humorous Rhyme

"Could you please tell me in your Corner the name of the author and the title of a poem which runs along something like this:

Who stuffed that owl?
Why I could make an old hat
Look more like an owl
Stuck up there so stiff
Like a piece of old leather.

"I believe the last line is, 'And the barber kept on shaving.' I should be glad to have you publish it entire in the Corner, or tell me where I could find it. Also, tell me where to find the poem. 'Moo, cow, moo.'"

H. J. L.

"Unless my memory plays me false, the comic selection (and amusing it was!) I sent the rounds of the paper 20 or 25 years ago, and the refrain of the comment at the end of each verse was, as you say, 'And the barber kept on shaving.' It told the tale of a customer under the razor who criticized the stuffed owl in no measured terms until, as he arose from the chair at the end of the shave, the mangled bird fluttered from its perch. The Corner would be glad to secure a copy for its own use. Referred, with emphasis, Who wrote the rhymes? The request for the nursery rhyme is likewise passed down the line.

S. T. D.

FOOD PRINCIPLES

WATER

How Much Water Do You Drink in a Day?

By VIRGINIA E. KIFT

COULD you count how many times you have been told, and then immediately forgotten, the number of glasses of water you should drink in a day? A simple way to remember is to multiply the number of meals most people eat in a day—three by two, and you have six, the number of glasses of water you should, but do not, take daily.

Food which, on the average, contains 60 per cent. or more of water will supply four glasses in a day. If water was not the most abundant element in food many people, because they drink so little between meals would suffer in consequence. Nature, therefore, has provided a way of helping the man who is neglectful or forgetful in this respect.

When you know that two-thirds or 66 per cent. of your body weight—that is 100 pounds out of 150—is made up of water you can understand "why" you should drink so much daily, and if you have any very serious illness, or even minor ones, drinking more water is sure to be a big help in overcoming them. The body is kept clean on the outside by frequent applications of water and the same treatment, strange as it may seem, is equally beneficial on the inside. Water inside the body travels to every tissue and corner, dissolving the waste products of the tissues and carrying them through complicated processes until at last it washes them out of the body.

Besides this important duty water keeps the blood and the fluids of the body necessary in digesting food, of the right consistency. Also, food could not be absorbed by the body without water, for it helps to carry the needed building and repair material to the cells, dissolving the body temperature normal. An Eskimo has approximately the same body temperature as a Hottentot, regardless of

the different climates in which they live. The fact is due entirely to the regulation of body heat by water. In warm weather the moisture from the body flows freely through the pores, ridding the tissues by moisture evaporation of their excessive heat. This keeps the body temperature at a "mean normal"—estimated by Wauw-derich to be 98.6 degrees Fahrenheit—matter how hot may be the day. In colder weather a comparatively small amount of heat is lost by perspiration, moisture evaporation, and hence the body temperature is kept at normal. A rise or fall in body temperature, he it only half of a degree, is always a serious consideration.

If you find it unpleasant to drink water between meals, remember then to select "watery" foods in greater quantity than the starchy ones at meal time. When possible eat more than twice as many green vegetables, celery, spinach, cabbage, lettuce, artichokes, beets, turnips, etc. Add as much fruit to your menu as your pocketbook can provide, grapes, apples, oranges, grapefruit, and watermelon, and a few other fruits—pears, strawberries, apricots, prunes, dried peaches and apples.

"Is it all right to drink water at meal time?" some one has asked.

The most recent reports say that when you want a drink of water, take it, no matter what the situation. The discovery of a secondary passageway in the stomach by which water passes, almost immediately into the intestines, has done away with the theory that drinking water at meal time weakens the strength of the gastric and other digestive juices.

Season your foods well. The spicy flavor gives you a desire for water, and drinking water voluntarily at intervals, will be far more pleasant and do you more good than if you begrudgingly gulp down a glass like some nasty medicine at prescribed periods.

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ADVICE OF FAMILY DOCTOR LEADS TO END OF DISEASE

By WILLIAM BRADY, M. D.

MY SON, aged 16, writes a determined, "We might say wifful, woman, has had epilepsy ten months. The family physician saw the first attack and told us what it was. He gave general advice about diet, bathing, rest from certain mental work and medicine. The patient has always been of the nervous type, a hard worker, but the family history is clear. He has never used tobacco or alcohol, but has been a very heavy eater. He has also been constipated for years. We took him to two different osteopaths. Both treated him for about three months. One of them aimed his feet two weeks, to get rid of a lot of poison he said clogged the system.

"Then we took him to a chiropractor. He said some of the vertebrae of the spine were out of place, and guaranteed to cure my son in 30 adjustments for \$100, paid in advance. I never pay anybody in advance—I have a rating and own property. I didn't have the vertebrae adjusted, since I am told that everybody who visits a chiropractor is told the same thing, and moreover, one of the best orthopedic specialists in America examined my son two days later and found the spine absolutely normal in every respect.

"Then we took the patient to a nerve specialist, whom the family doctor had suggested in the first place. He was unable to give him an appointment for a week, but we then gave the patient the best a most thorough examination, including an X-ray photograph, which showed the spine perfect. And he made a blood examination, which proved to be "negative." On the strength of this examination they injected something into the spinal canal. That was over three months ago. My son has not had a fit since, and in all appearances is well. He returns every two weeks to the doctor (the family doctor) for observation. And let me say, sir, that when you "burr on the family physician," as you call it, you are doing his work. For it was only your wise counsel that brought us back to our senses in time.

Old Piece of Music

"I have found among my selections a piece of music entitled 'Remember Me at Evening Hour' entered according to act of Congress, May 8, 1829, making the piece 87 years old on May 9, 1916. It is in excellent condition. Do you think it has any value?"

Referred to collectors of old songs and first editions of music. We hold your address.

S. T. D.

New Dessert

Here is something different in the way of puddings. And the man of the family usually likes puddings. Take a pint of rhubarb, cut it into inch long pieces, then cover with a cupful of sugar. Let this stand for an hour. Now have a large pudding pan at hand, into which you can put the rhubarb, a pint of bread crumbs and a cupful of raisins in layers. Add a half-cupful of hot water. A final layer of bread crumbs should be added to the top, and the whole cooked in the oven for 40 minutes. Cover the top of the dish during the first half-hour of baking. Serve with whipped cream.

Mushrooms

Mushrooms are a welcome delicacy for the invalid. The following is a simple way to cook them: Just let them simmer gently in browned butter until thoroughly cooked. The flavor and success of the mushrooms depends upon the slowness of the process. If you use a chafing dish, turn the flame down to low, or if it is electrically fitted use lower power. At least a half-hour is required in cooking.

Left-Over Bread

All the left over pieces of bread, should be wrapped carefully in a flour bag, or a sack. Hang this where the air can reach it. It serves to keep the bread free from mold. And you always have it at hand when you want to put it through the meat chopper for bread crumbs, bread puddings, cutlets, etc.

To Clean Wicker

Coarse salt and water is the best cleanser for wicker furniture and summer matting. Use a strong brush, and be sure to dry the articles thoroughly.

Goggle Veil

Enter the novel of motor veil! It is made of chiffon in various shades. In the center is an insignia inset, large enough to cover the face. Motor goggles are unnecessary with a veil like this, that shields the face and protects the eyes as well.

More Lingerie

It seems as if something new in the lingerie line crops up over night. The latest thing—the term is used with due regard for coming events—is a touch of Chinese embroidery in dainty pale-blue or white chiffon articles.

Song

Who has robbed the ocean caves,
To tinge thy lips with coral hue?
Who from India's distant wave
For thee those pearls treasured drops
Who, from yonder orient sky,
Stole the morning of thine eyes?

But one charm remains behind,
Which mute earth can never impart;
Nor in ocean will thou find,
Nor in the circling air, a heart.
Fret not, wouldst thou perfect be?
Take, oh, take that heart from me!

—John Shaw.

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QUESTIONS AND ANSWERS

"Sesuper Juveniles"

I do not see why you go out of your

Homes for Crippled Children

"I have a boy nearly 7 years old who when he was 2 1/2 was a victim of infantile paralysis. He is now paralyzed in both lower limbs. I want to know if there is a home for crippled children in Iowa. And would he be admitted? I have no means of giving the child an education, and as you can see, he needs more than a normal child would."

R. L. C.

We have many and intelligent correspondents who will undoubtedly answer your query under cover to us. We will send your address and will communicate with you by mail as soon as we receive the desired information. We regret that we have not this in hand at present.

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The New White Footwear Decried by Dame Fashion

White Calf, White Kidskin, White Nubuck and White Linen fashioned in High Boots are in high favor this spring. These leathers make up beautifully, and with the art of skillful shoemaking, are truly glove-fitting.

You will admire the white kid ten-inch boot with welted sole and full Louis XV covered heel, priced \$8.50.

Also the white calf and the white linen high-cut models, priced \$6.50 and \$5.50.

We have a special medium high cut Nubuck boot with white ivory leather sole and white leather Louis heel, price \$5.

You will see an attractive white kid pump in a small-tongue pattern and a chic colonial, priced \$6.50.

There will be particular interest in the Dalzimer display this week for young women who are planning summer sojourns.

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