

TEACH CHILDREN PRUDENCE WITH SWIMMING, SAYS M'LISS

Respect the Ocean, She Advises, Since You Cannot Master It—Life Guard Talks About Safe and Sane Surf Bathing

ON SUNDAY the swimming season opened officially with the first drowning. An expert swimmer, 16-year-old boy, got beyond his depth in the Schuylkill, became cramped and went down before any one could rescue him.

Every year the increased attendance at the public and private swimming pools testifies to the fact that as a nation we do not fear water—if such testimony were needed. The time was when mothers did not want their children to get near it, except at the prescribed bathing times.

But any prudent officer in any district that is near a pool or swimming hole will tell you that these are as fascinating a lure as the diamond or the circus ring. As a result of this increased knowledge, mothers now go to the length not only of encouraging their children in aquatic sports, but of insisting that they know enough to take care of themselves in the water.

Hundreds of drownings, however, prove annually that it is not enough to know how to swim. Those who would enjoy the water without fear of fatal consequences must also learn prudence. If you cannot master an element, you can at least learn to respect it.

I remember last summer interviewing a coast guard at Atlantic City, a man who in his time has rescued hundreds of people who would go out beyond their depth. It was immediately after what was described as an "offset" tide had swept 35 people beyond the life line. Only a few of them, after almost superhuman work on the part of the life savers, were rescued.

"You can't beat the ocean," this brawny rescuer said, "and only fools think they are a match for it. Your seafaring man, the sailor and the coast guard, ask him what he fears above everything else in the world and he will tell you the sea. Every man, woman and child should know how to swim, as a matter of self-preservation. But because they do know how is no reason why they should show off like fools.

"I've been swimming for years—a long-distance champion at one time—and my endurance is as good as you can find on this coast, but I wouldn't take the chances that some of these excursion fools, who don't get near the water more than half a dozen times in a summer, take.

"Surf bathing is as safe as paddling your toes in a brook if you don't go out too far. Stay where the people are. Anybody who can swim at all can swim in shoulder-depth water. Don't go over your head unless it's necessary to rescue somebody else. And don't attempt to rescue at all unless you're expert. It only means two lives gone instead of one. Rescuing is dangerous enough even when it's a man's business. An amateur seldom succeeds at it."

One of twelve golden rules for girls, tabulated by a Cleveland divine, is: "Be considerate about the time and money of your gentlemen friends." Anybody would know that was a man-made rule.

Letters to the Editor of the Woman's Page

Dear M'Lisa—I am a young woman 25 years old and for the last year I have been suffering off and on with pain in my left shoulder. Nothing that I take seems to do it any good. What would you recommend? W. W. H. I. I would recommend that you consult a physician. In the first place, no layman is qualified to prescribe remedies for physical ailments that may be very serious, and in the second place, it is not that a new cure will actually secure one a raise in salary, but I am firmly convinced that if you consult a physician, one, two or three visits will result in a more permanent cure than any other means.



STRIKING BEACH OUTFIT

THIS suit is of pongee in the popular combination of plain and striped material. Natural colored pongee is used for the coat. Green and natural striped pongee is used for the collar, cuffs, pockets, and the very wide circular skirt. Fringe finishes the sash, which is also pongee. This and bare buttons are its only trimmings. The suit may be ordered with green, rose or blue stripes for \$15.50.

A CLEAN MOUTH IS BLANKET INSURANCE AGAINST DISEASE

DOCTORS nowadays never hesitate to look a private patient in the mouth. In many instances it is an adventure, indeed. But then, the practice of medicine is just one adventure after another, anyway. The mouth has been widely advertised in recent years as a first-class place for growing germs. Even in this column we have hinted occasionally that rheumatism begins with a septic focus in the mouth.

QUESTIONS AND ANSWERS

Hard Water Good for Gallstones? Do you think that drinking hard water is favorable to the formation of gallstones? Answer—Categorically, no. It is not. Drink it, however hard, if you would ward off gallstones. Calcium Salts in the Body? Please explain the cause of insufficient calcium salts in the body, and state whether chocolate candy causes the same.

How to "Fuss"

The woman who says she doesn't bother to take care of her skin and hair wastes her breath—she gets a-y looks the part. It is a self-evident truth. Why this is so remains a mystery. It is woman's nature to take care of her skin and hair, and she who neglects to do so is not only a well-groomed, elegant woman.

Bathing Toggery

Do you know that a short, lightweight coat to slip on over the bathing costume is an absolute essential to the summer girl's wardrobe? Of course, the coat doesn't require much cloth, for it only reaches to the bottom of the bathing suit.

ASK FOR and GET HORLICK'S THE ORIGINAL MALTED MILK

Advertisement for Dr. Charlotte B. Martin's medicine, including text like 'SORE FEET RELIEVED' and 'DR. W. S. LAWRENCE'.

WHERE IS THE PURPLE VIOLET, ERST HARBINGER OF SPRING?

The Dandelion Grows Apace, the Robin's on the Wing, But Few the Signs That Show the Place Where She Lies Slumbering

SUBURBAN nature-lovers who take their reckoning from the things of the common world rather than from such man-made contrivances as calendars and even more unreliable almanac forecasts of seasons and weather are on the verge of frenzy at the practical non-appearance of their hitherto infallible herald of the spring, the common field violet.

The first of May on the calendar has come and gone, the equinoctial period has proclaimed the vernal arrival to the scientifically-inclined, while the disappearance of the oyster has warned the gastronome and the epicure to adopt his summer diet.

Out in the gardens Mr. Nature-lover beholds and discourses thereon with neighbor and fellow-commuter the strangeness of the situation. The robin chirps and devours the early worm; the dandelion spreads in all the glory of its golden splendor over its green background. The trees are budding and those rosebushes that he left in the ground all winter, now

WEST PHILADELPHIA TO HAVE NEW SCHOOL

Another large new school will be erected in West Philadelphia, according to an announcement made today at the headquarters of the Board of Education.

The school will be of "U" shape, with three "fronts," each of which will consist of large doors and windows of uniform design.

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A social centre will be conducted in the basement of the schoolhouse. Dance and entertainments, meetings for civic purposes and other neighborhood activities will be held in the underground room.

Pork With Blanket

Fresh pork is a wholesome dish, containing plenty of nourishment for the family. Use very thick pork, cutting the required amount up into inch-thick dice.

French Salad

Crystallized fruit salad is a pleasant change from the ordinary kind. Here is the recipe. Crystallized pineapple, cherries and glass fruits may be used as the pulp permits and the occasion demands.

New Beverage

Summer is the time when the cooling drink is the most delightful nectar or the most miserable mess on the face of the earth. A very new concoction to serve in the evening or to place in smalliced tea sets on the front porch is made of whipped cream and macaroons.

Advertisement for SUPERFLUOUS HAIR IS EASILY REMOVED MANDO, featuring an illustration of a woman's face.

A New "DeLyle" Model

The Fashionable Colonial. A Square Tongue Design \$3.50. Dull Calf Patent Colt.

Advertisement for Dalsimer shoes, including text like 'The Utmost in Sanitary Convenience and Beauty' and 'TLECK BROS. CO.' with an illustration of a shoe.

THE CHEERFUL CHERUB

I'd like to be a poet, And I think I shall sometime, For now free verse is stylish And it doesn't have to rhyme.



Sweet Potatoes

Sweet potatoes are cheap and economical, and there are so many delicious ways to serve them that it seems foolish to overlook this most important article of diet.

The Kiss

The maid I love ne'er thought of me As the giver of gaily kisses; But when her heart or mine sank low, Ah, then, it was no longer so.

Advertisement for FRANKLIN GRANULATED SUGAR, including an illustration of a sugar container and text like 'Good Grocers Want You to Buy FRANKLIN GRANULATED SUGAR'.

Marion Harland's Corner

Would Aid Needy Seamstress? I SAW in the Helping Hand Corner an offer from M. A. D., who had three bust forms to give away. I have a little dressmaker friend with me who has two little boys and her mother to care for.

Something for Seven

I should like to get one of those English Bibles that Ruth P. has to give away. My boy of 11 years would be glad to get a dictionary through the Corner, or some books to read to the children. I cannot buy games and books, if you know of any baby clothes for my baby twins, about six months old, I should be glad to get them.

In Need of a Truss

"Perhaps you know of some one who has a truss for a double hernia to spare? I am in great need of one, but am unable to buy it, as I am laid up and unable to work. I weigh about 200 pounds and my single truss is 38 inches around. I may hear of some man who has no further use for one that may fit me. I am in great agony. HARRY M.

From Stamp Collectors

"Will you kindly send my address to the person who offers foreign stamps? I shall be glad to add them to my collection and will be happy to get any that may not be wanted by another collector. S. M.

Patches for Quilts

I wish you would send me the name and address of some one who wants patches for quilts. I have a great many large pieces that would do for children's dresses, or prairie or country of children. One draws a breath of relief and thankfulness in coming upon your letter. Accordingly, you will receive the desired address and our thanks in proportion to the size of the patches. MRS. C. J.

Wants a Sewing Machine

"For a long, long time I have wanted a sewing machine. I read in your faithful H. C. of some one who had one to give away. I am not able to buy one, as I am supporting my mother, and four sisters and self. The oldest girl is 19 and I have a brother 13. Father had his back broken six years ago, so I am the only support and it is hard. I work in a clothing factory and if I had a sewing machine I could bring work home and mother and my sisters could all help. If I can have a machine I shall never be thankful enough. Should any one need it worse than I do I hope she will get it and enjoy it. ELIZABETH T.

Patterns and Pieces

"I have left Elizabeth T. tell her story in her own way. It is for members to say what shall be done with it when it has been 'marked, read and inwardly digested.' We have not asked for a sewing machine for at least half a year. The Corner has a rooted objection to burdening the constituency with pleas for bulky and costly articles. Our correspondent would not have put in a petition for a machine had she not been encouraged to the daring deed by the offer through the Corner of the prize. It goes without saying that it did not linger in our minds for several days after the marvelous notice appeared. Is there, by any as marvelous chance, a sewing machine in any home represented by H. C. which can be spared to this faithful daughter and toiler for others' weal? MRS. O. P."