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 inexpert swimmer,a 16-year-old boy, got beyond his depth in the Schuylkill, became cramped and went down before any one could rescue him. Doubtless there will be many similar cases before the season closes,

Every year the increased attendance at the public and private swimming ols testifies to the fact that as a nation we do not fear water-if such testimy were needed. The time was when mothers did not want their children to go near it, except at the prescribed bathing times. It used to be thought that keeping a youngster ignorant of the water was the surest means of keeping

But any truant 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 fatai 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.

It was from the hero of this occasion that I heard the most trenchant remarks about the foolhardiness of swimmers that I have ever listened to.

"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 selfpreservation. But because they do know how is no reason why they should show

"I've been swimming for years-was a long-distance champion at one timeand 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 suramer, 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 Address all communications to M'Liss, care of the Evening Ledger. Write on one side of the paper only.

What would you recommend? WORRIED.

I would recommend that you consult a physician. In the first place, or layran is still the property of the physician that may be very serious, and, in the second place, consultation with a reputable physician is more economical in the long run. Nothing is more expensive than stocking up with the nostrums which one's family, one's relatives, one's neighbors and one's neighbors take it upon themselves to recommend.

neighbors take it upon themselves to recommend.

Dear M'Liss—In regard to the budget that you mapped out the other day for a girl who is earning \$15 a week. I take exception with you that \$2 is a sufficient saving. I think a woman should have an amount equal to that which she spends for dressing.

You allowed your correspondent \$3.75 for dress. I believe \$2.75 for saving would have been better advice. I agree with you, however, that the bulk of the \$15 must go for food. In no other respect have I fault to find with your calculations.

I am sure "Worker" will appreciate your remarks on the budget. You have made a mistake, however. If you read my answer

side of the paper only.

Sear M Lise—I am a young woman 25 years and for the last year I have been suffereff and on with pains in my left shoulder, thing that I take seems to do it any good. What would you recommend? WORRIED.

Would recommend? WORRIED.

Would recommend that you consult as sician. In the first place, no layman is sician, in the first place, no layman is sician. In the first place, no layman is sician. In the first place, no layman is sician. In the first place, no layman is sician is more expensive than stocking up h, the nostrums which now is family, one's not that I apportioned only again, you will see that I apportioned only again. and on the whole, a more valuable asset to her firm.

A husiness woman gives her clothes excep-tionally hard wear, it my opinion, it is only by the most careful forethought and the most cautious buying that she can look well on \$200 a year.

Marion Harland's Corner Would Aid Needy Seamstress . 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. She helps her husband, who makes only a small salary. Such things as are offered would be a great help to her, should she be the fortunate one to get them.

ARS. L.

The blessed Corner regrets sincerely there were not a dozen instead of three bust forms. Not one of those donated by the state of the

generous M. A. D. remains in our gift. Your sketch of the little dressmaker friend intensifies the regret. I insert your let-ter in the hope that another form may waiting in the background for her. Your address is registered.

Something for Seven

"I should like to get one of those Eng-lish Bibles that Ruth P. has to give away. My boy of 11 years would be giad to get a dictionary through the Corner, or some 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. This is an awful lot to ask for, but as my income is small I do not know how to get the things the children need. I have seven, the oldest a boy of 11 years.

MRS. L. H."

The English Bibles of which you speak went into the keeping of earlier appli-cants before we had your letter. One will undoubtedly be offered expressly for your use. We have never yet printed a request for the best of books that was not speedily answered. The rest of your letter is passed along. Every mail brings fresh proof of the warm hearts and willing hands that second our appeals in behalf of the needy and suffering.

In Need of a Truss

"Perhaps you know of some one who has a truss for a double rupture 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 35 inches. I hope you may hear of some man who has no further use for one that may fit me. I am in great agony. HARRY M."

In reading your note one quotes mentally a changed version of a scriptural phrase. There are few more pitiable sights to the

a changed version of a scriptural phrase. There are few more pitiable sights to the compassionate beholder of his fellow beings than a strong man disarmed by physical infirmity. Such is the one whose communication we offer here. Numbers of trusses have been put at the service of the Corner, and all have been given away. May we not ask hopefully that this sufferer may receive the appliance that will abate his "great agony."

From Stamp Collectors

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

"S. M."

"I should like a package of foreign
stamps that you speak of for a little boy
who is deaf and cannot ge to school. He
makes a pastime of collecting stamps.

"MRS J. L. O."

The address would have gone to both of
you by mail if the bountiful stode of
stamps had not been depicted to exhaustion by previous calls upon it. Others
may be forthcoming before long. From Stamp Collectors

Patches for Quilta

"I wish you would send me the name and address of some one who wants patches for quilt. I have a great many large pieces that would do for children's dresses, so prefer a needy family of children.

One draws a breath of relief and thankness in coming upon your letter. As-adly, you will receive the desired ad-age and our limites in plenteous mana-with them. Julius skeep and mothers bette mass will please take moller of

All communication addressed to Marlon Rarland should enclose a stamped, self-addressed to the stamped article in which you had a clipbing of the article in which you had not the stamped article in which you had not the stamped work of the H. H. C. should write Marlon Harland, in care of this paper, for addresses of those they would like to help, and, having received them, communicate direct with those parties.

poor colored woman, who needs one very much? She is worthy and honest

My soul is aweary of repetitions of "given away before we hear of your need." Yet it must go upon record in yet another case. We have not an abdominal belt, in our gift at present. I wish I did not have to say it! We hold your present

Wants a Sewing Machine

"For a long, long time I have wanted a sewing machine. I read in your faith-ful H. H. C. of some one who had one to give away. I am not able to buy one, as give away. I am not able to buy one, as I am supporting my mother, dad, four sisters and self. The oldest girl is 10 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.

Lizabeth T.

I have let 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 corvebulky 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 keeping a day after the marvelous notice appeared. Is there, by any as marvelous chance, a sewing machine in any home represented by th H. H. C. which can be spared to this faithful daughter and toiler

Patterns and Pieces

"I have a number of embroidery and crochet patterns, taken from papers, that I shall be giad to send to any one who wishes them; also a few quilt block patterns and silk pieces. I have had rheumatism for several years. Can any reader tell me of a remedy known to have effected a cure? I should be grateful for such information. MRS. O. P."

It may be a trifle ungracious to append to our grateful acknowledgment of the offer of what is sure to be highly acceptable gifts, the announcement that it is contrary to rules of the department to publish medical prescriptions.

Need Curtains and Sheets

"This is the first time I have come with "This is the first time I have come with a request. Will you please ask your Cornerites if they have any old curtains of any kind that I may have? I am taking care of six little motherless children while the father is at work and we need curtains and any old sheets that are not wanted. I will gladly call if not too far. I have nothing to offer but good wishes and the prayer for God's bleasing upon your Corner.

MRR J. S."

If we can get a pair of curtains for your day auriory we will ask and expect no return beyond what you name—good wishes and prayers. These are beyond the mon-clury value. Address and desire are registered in car books.



SEEN IN THE SHOPS

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 coat. Green and natural striped pongee is used for the collar, cuffs, pockets, mash, and the very wide circular skirt. Fringe finishes the sash, which is also pongee color. This and bare buttons are its only trimmings. The suit may be ordered with green, rose or blue stripes for \$31.50.

One of the fads of the summer is the beach set. This one features a hat and bag matching in design. Both are made of bamboo straw with facings of Japanese silk. A cord of many colors encircles the crown and is used for the bag handle. Novelty butterflies effectively adorn each. The set cost \$20.

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

A CLEAN MOUTH IS BLANKET INSURANCE AGAINST DISEASE

By WILLIAM BRADY, M. D.

In many instances it is an adventure, indeed. But then, the practice of medicine is just one adventure after another, any-

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 in many cases, and clears up only when the depot of poison is eradicated.

the depot of poison is eradicated.

Unfortunately, we still have the diffident dentist in our midst—the skilled mechanic, perhaps, who permits the whims and vaporings of the "old woman" to guide his hand in treating oral sepsis. There are some dentists still doing business who fell patrons or would-be patrons that it doesn't pay to fill the baby teeth, because the teeth will be lost in a few because the teeth will be lost in a few years anyhow. But competent dentists as-sure us, if we need assurance, that it is highly important to keep the primar All Given Away
"A correspondent wishes to pass on an abdominal belt. Could this be sent to a

And we can assure the dentists that un-less the primary or baby teeth are kept clean and sound by careful mouth hy-giene and intelligent dentistry, the child is much more susceptible to scrofula (tu-berculosis of neck giands) and, later in life, consumption.

Decayed primary teeth have a great deal

to do with diseased tonsils and adenoids in children. Dentists and physicians agree that an-

tiseptic tooth-pastes or powders are not generally desirable, but hould be pre-scribed only in certain cases requiring an-tiseptic. Mouth and tooth cleanliness re-

D OCTORS nowadays never hesitate to look a private patient in the mouth. In many instances it is an adventure, injuring the mucous lining of the mouth and thus opening portals of infection.

Plain soap and water on the toothbrush seems as efficacious and as agrecable as anything for cleansing the teeth, but if the taste of soap is obnoxious there are good tooth-pastes and powders which are feebly or not at all antiseptic. A clean mouth is a sort of blanket in-

surance policy against disease, particularly in children.

Parents can do no greater service to a sickly or unhealthy child than to have

QUESTIONS AND ANSWERS

by a careful dentist.

Hard Water Good for Gallstones Do you think that drinking hard water

favorable to the formatio Answer — Categorically, no, it is not. Drink it, however hard, if you would ward

Calcium Salts in the Body Prese explain the cause of insufficient calcium salts in the body, and state whether chocolate candy causes the same. Answer—To our knowledge there is no such condition recognized. It is a theory some one invented to create a demand for his particular line of dope. In rickets there i. a defective metabolism of lime saits, but no particular food or medicine can after the proportion of calcium in the body. Quotations to the contrary will not stand verification, you will find. Choc-olate candy is O. K.

How to "Fuss"

The woman who says she doesn't bother to take care of her skin and hair wastes her breath—she geners y looks the part. It is a self-evident truth. Why this is so remains a mystery. It is woman's nat-ural duty to look as well as possible, and there isn't a male extant who doesn't like to see a well-groomed, elegant woman. And becoming one isn't an impossibility.

It requires time, of course, and a good bit of "fussing," but everything worth while takes time. Don't you think it is worth while to have daintily manicured nails, well-kept hair, clear, pink skin, and a good figure? It only means looking natural for nature meant us all to be pink cheeked and clear eyed. Indigestion and loss of sleep have done more to ruin beauty than all the cosmetics in creation.

It's an old story by now to say that a digestion, but it is true. The effect of this simple precaution on a muddy skin can be noticed in a few months. A slice of lemon or the juice of a half-lemon helps, too. It should be added to the glass of hot water before drinking.

The eyes are brightened by an occasional strengthening bath of boracic acid solution, using about a half-teaspoonful to a quart of water. The hair should be quart of water. The hair should be brushed thoroughly with clean brushes at least every other day. The brushes should be washed every other day, too. Two should be kept, using them alternately.

ASK FOR and GET HORLICK'S THE ORIGINAL MALTED MILK

Cheap substitutes cost YOU same price

Dr. Charlotte B. Martin The single electric needle mathed is the only method enloying professional licensure and confidence for the perma-nent removal of superfluous bair and other superficial growths. 108 Flanders Hidg., 15th & Walnut

SORE FEET RELIEVED CORNS. BUNKINS and INGROWING NAILS REMOVED DR. W. S. LAWRENCE SIS WIDDOWN BUILDING Formerly at Bellevan Strutland for 45 years.

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. And if she wears included. And if she wears knickers underneath the short skirt, the skirt may be very short indeed. These knickers, by the way, are fitted closely in at the knees, and are quite full, like bloomers. Pearl buttons in tiny rows are seen at the closing.

But the coats are made of Palm Beach or some other lightweight cloth. Some are rainproofed. A big storm collar, large pockets and belt form the only trimming, but a wealth of practical articles may be stowed away in a cloak like this.

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

scientifically-inclined, while the disappear-ance of the oyster has warned the gas-tronome and the epicure to adopt his sum-Out in the gardens Mr. Nature-lover be-

holds and discourses thereon with neigh-bor and fellow-commuter the strangeness bor and fellow-commuter the strangeness of the situation. The robin chirps and devours the early worm; the dandellon spreads in all the glory of its golden splendor above its green background. The trees are budding and those rosebushes that he left in the ground all winter, now weather prevalent in this section during April. Some in sheltered places have been noted, but it is expected that a few more warm days such as opened the present month will allay the uneasiness of those who "swear by" the violet, and that the delicate purple blossoms will dot hillside and garden in their usual profision.

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

The first of May on the catendar 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 gastronous and the spleure to adopt his sum of trusted friend.

The delay of the violet in making its appearance, except sporadically, this sea-son is attributed to the cold and rainy weather prevalent in this section during

WEST PHILADELPHIA TO HAVE NEW SCHOOL

Up at Chestnut and 55th Streets

Another large new school will be erected in West Philadelphia, according to an announcement made today at the headquarters of the Board of Education. With one of the largest school buildings in the city to be opened next Monday, at 56th street and Kingsessing avenue, con-tracts will be awarded at 2 o'clock on Friday afternoon for the construction of a schoolhouse at 55th and Chestnut

A single contract will be granted for the building itself, while separate awards will be made for the installation of heatwill be made for the installation of neat-ing apparatus, electrical equipment, etc. The building will represent a new type of educational architecture, calculated to save at least 25 per cent., as compared with the cost of the cominant style of

schoolhouse.

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

Blees for the new school were drawn.

Plans for the new school were drawn by Henry DeCou Richards. Work on the construction will begin immediately after the award of the contract. The number of bids already submitted is unusually

of bids already submitted is unusually large. The specifications require that the school shall be completed within 11 months, so that the building will be ready for occupancy at the beginning of the school year in September, 1917.

A social centre will be conducted in the basement of the schoolhouse. Dances and entertainments, meetings for civic purposes and other neighborhood gatherings will be held in the underground room. The school proper will consist of 31 class-The school proper will consist of 31 class-rooms, each of which will be equipped at a cost of hundreds of dollars. At least 1800 boys and girls will be enrolled. A playground, 220 by 214 feet, will sur-round the building and face Chestnut, 55th and Ludlow streets.

French Salad

Crystallized fruit salad is a pleasant change from the ordinary kind. Here is the recipe: Crystallized pineapple, cherries and glace fruits may be used as the pugse permits and the occasion demands. Chop all finely and place in molds. Prepare some pink or uncolored relating and pour it over the fruit moids. Prepare some pink or uncolored golatine and pour it over the fruit. When this has "set," turn out the contents of the moids and place on lettuce leaves. Garnish with sweet mayonnaise and green maraschino cherries. English walnuts may be used with the fruit, and cream instead of the mayonnaise if the dish is used for dessert. any cavities in the teeth properly treated

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 confection to serve in the evening or to place in small feed tea sets on the front porch is made of whip-ped cream and macaroons. Whip the cream very stiff, then stir it full of crushed macaroon crumbs. A bit of sherry, mint, violet, rose, or any desired flavoring may be added. A maraschino cherry may be added to the top, or a half of an English walnut.



IS EASILY REMOVED MANDO The underarm of every woman should be free from

hair growth. Get the preparation at any store today.

"TIS A PEAT TO FIT FEET-A New "D'Lyte" Model The Fashionable Colonial

THE BIG SHOR STORE

A Square Tongue Design \$2.50 Dull Calf Patent Colt

Footwear from the "house of Dalsimer" represents the accepted modes in demand by those who recognize the value of refinement, newness and smartness in women's footwear. There is a style about Dalsimer new models for spring and summer that compels attention and admiration.

Shoes and Hosiery 1204-06-08 Market St.

GIVE BAZAAR TO AID OSTEOPATHIC HOSPITAL

Another Large Structure to Go | Fete Starts This Week in Reyburn House-Hope to Raise \$1000

A bazaar in the interest of the new home for the Philadelphia College of Ostcopathy will be held Thursday, Friday and Saturday in the old Revburn mansion, formerly the home of ex-Mayor Rayburn, at the southeast corner of 19th and Spring Garden streets, by students of the college. The students' participation in the movement to establish the college in larger quarters follows the successful campaign by which \$75,000 was raised for the purchase of the property.

The whole building except the top floor will be given over to the bazaar. President Keeler, of the freshman class, is in charge, with members of his own and the other classes aiding. One of the features of the affair is the dancing, for which the

third floor will be given over every afternoon and evening.

Fancy goods, including an apron
donated by Mrs. Brumbaugh, wife of the
Governor, will be sold on the two first
floors. Elaborate booths have been set
up. Dr. Arthur Flock dean of the colup. Dr. Arthur Finck, dean of the lege, and Dr. Ivan Dufor, chief of the clinic, will preside when the bazaar is opened Thursday afternoon. The promoters hope to raise \$1000, which will go toward building and equipping the hospital.

The present house, after alterations, will be used for the college, and the hospital will be built as an addition to the house in the large plot of land in the rear.

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. Boil this until tender, seasoning to taste with salt, pepper, or a pinch of paprika. Now thicken with flower. Place the whole mixture in a baking dish. Roll out a few baking-powder biscuits and lay them over the top of the pork and gravy. Bake in a moderate oven until the biscuits are a rich golden brown.

Stationery Tips

Flesh pink isn't confined to underwear and blouses any more, for the shops are showing the most charming line of palest pink stationery—correspondence cards, small note paper and large "regular" sheets, as a man would call them. This has a blue and gold monogoum for ornament, placed in one corner. The effect of the two colors (the blue is rather deep) and the rich gold is very smart. Silver may be had in the same style.



THE CHEERFUL CHERUB

I'd like to be a poet, And I think I shall

Sweet Potatoes

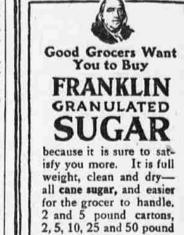
Sweet potatoes are cheap and economical, and there are so many delicious ways to serve them that it seems foolish to overlook this most important article of diet. Boil enough of the potatoes to make two cupfuls when mashed. Add a teaspoonful of sugar, two tablespoons of melted butter, and fold in the stiffly beaten whiles of one or two seems this of conse whites of one or two eggs, this, of cours, to give flufflness to the mixture. Now place a bit of the potato mixture in ramekins, garnish with another dot of butter, and bake in the over until brown. These make a nice extra for the formal luncheon.

The Kiss

The maid I love ne'er thought of me Amid the scenes of galety; But when her heart or mine sank low, Ah, then, it was no longer so! From the slant palm she rais'd her head, And kisa'd the cheek whence youth had fled.

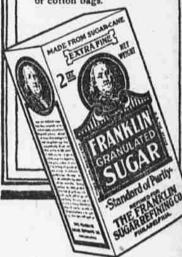
Angels! some future day for this, Give her as sweet and pure a kiss.

—Walter Savage Landor,



There is a Franklin Sugar for every need in cartons or cotton bags.

cotton bags.



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produce, including

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This Excello Lavatory is made throughout of perfectly glazed chinaso finished that it will not crack, chip nor

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