MIND YOUR LITTLE PROTEINS AND CALORIES, M'LISS ADVISES

Interesting Food Budget Shows How Very Little It Is Necessary to Eat to Be Healthy

THE aim and ambition of every woman | fole-gras-caviare kind, who do not under with a very limited amount to spend stand how the other half lives. The New on her table is to buy the kind of food York budget is the result of practical that will stay the cravings of the family

She doesn't think in terms of calories or proteins, though in her endeavor to buy the most "filling" food with her inade quate sum of money, she is very likely to follow food principles, despite her ig-

The New York Board of Health has published a food budget for a family of five-two adults and three children-that is characterized to make the average woman throw up her hands in dismay, First of all, because it totals only \$7.31, and secondly because this budget contains no fresh vegetables.

Dietitians asseverate that you can't feed your family properly unless this question of calories is ever before your mind. You must find out how many calories John needs in order to perform the work that supports the family; how many calories little Mary has got to consume before she can properly do her arithmetic at school. Then, when you discover the needed calories, you must find out what food will produce them.

Many, of us consume hundreds more calories than we really need and likewise many of us, either because we choose our food foolishly or because we cannot afford to buy the kind that will produce they are indicates. Perhaps you have a them, do not get enough.

According to the New York budget, 950 | ly as nutritive. calories is the very least amount that a family of five, three of whom are not full-grown, can do with. Many people will claim that this is barely sufficient in the ways and means of careful marto sustain life. They are the pate-de- keting.

	- and a cue result of bracti
	investigation. Here it is:
	1 lb. buffer (8% ibs.)
1	1 lb. rice
1	I lb. dried peas
1	A in, manner
1	1 lb faring
1	1 lb. natmesl. 1 hoz cocoa (¼ lb.).
1	A 10. Drunes, the same and the same and the same
1	1 lb. ontens
1	f lbs. potatoes. I head of cabbage (medium size)
ı	I lb. cheese.
ı	2 dozen eggs
I	2 lbs. of meat daily at 20c. 2 loaves of bread daily at 8c. 1
ı	2 qts. of milk daily at 7c
ĺ	And the latter world my theretare the same of the
ı	Total assessment and a 27

One pound of butter for five people for seven days does sound a bit spare, but that is not the item likely to provoke discussion. It is those dried vegetables and the prunes,

The answer is, dried vegetables are cheaper than fresh ones, and that when they are boiled in water they contain just as much nourishment.

Women who have \$8 or less per week to feed their considerable-sized family with ought to be interested in this budget because it suggests the maximum amount of nourishment to be obtained for the money-at least so far as the trained investigators were able to work out.

But perhaps some of my readers are not so ignorant of scientific food principles as the general assumption that budget that is more attractive and equal-

In that case I should be very glad to know about it and publish it for the benefit of other readers less experienced

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.

MARION HARLAND'S CORNER

Dear M'Liss—Kindly publish a nice shampeo MARY.

Dissolve a half a cake of pure white soap

Dissolve a half a cake of pure white soap erally clever, so the popular belief goes. in a pint of boiling water. Remove from the fire and bottle. If your hair is not too dry, six drops of household ammonia may be added. This is the most harmless and

All communications addressed to Marion Bariand should inclose a stamped, self-addressed envelope and a clipping of the acticle in which you are interested. Persons whiching to add in the charitable work of the R. H. C. should write Marion Hariand, in the communication of those they would like her for addresses of those they would like her and had a received them, communicate direct with those parties.

AM a boy of 14 and am starting a

I baseball team among the boys who are

rather poor. We lack baseball gloves, bats,

baseballs and a catcher's glove. If there is

any one who could spare these or any of

them I will pay parcel post fare or ex-

Onr juniors of the masculine gender are

cordially invited by the Corner to take the petition of our 14-year-old in hand at once. Do not wait to secure co-operation, but let

each fellow write to me for the address of Walter F., and when he has received it

mail to our correspondent by parcel post

gioves, or bat, or ball, or maybe a mask, or a worn chest protector he can spare. All together will equip the team the brave boy has undertaken to get up by his own

efforts. He merits generous encouragement from the "other fellows."

Nice Dog Wants a Home

Perhaps through it you may find a home for a large Newfoundland dog. I have no room for him myself, as my yard is small.

He is gentle and a great companion for children. I will gladly give him to some one who will be kind to him.

A reader seeks to house her pet in a style suitable to his size and value. Her wish

will touch a responsive chord in many a heart. She is resigning a friend for his good. In a family where there are chil-dren, she rightly believes that he would

Short of Quilt Pieces

"I am president of the Rosebud Club.
We have run short of quilt pieces. We need a lot. We are now making two quilts. I should like one to be a biscuit quilt. Some day I hope to return the kindness.

We predict a plentiful supply of the cov

eted places in reply to the call of our Rose-bud Club. It belongs to us by right of adoption and must not appeal to the foster-

mother in vain.

"I am much interested in your Corner.

WALTER F."

"MRS. A. H. F."

Dear M'Liss—In traveling long distances, is it cheaper to go by trolley than by train? How can I find out some nice trips by trolley? TOURIST.

the best home-made shampoo that I know of.

Dear M Liss—Please let me know the origin of the name "Helen." MRS. L. D.
I have published this many times. Helen is derived from a Greek word meaning

SEEN IN THE SHOPS



COOL AND ATTRACTIVE THIS Russian blouse is one of the attractive models for summer. It is of white voile

Good form queries should be ad-dressed to Deborah Rush, written on one side of the paper and signed with full name and address, though initials ONLY will be published upon request. This column will appear in Monday's, Wednesday's and Friday's Evening Ledger.

a few suggestions for a garden party. These affairs are particularly attractive at this time of year before the intensely warm weather begins. The food served at a garden particular in the served particular in the den party is largely on the order of that served at a formal afternoon tea. Light sandwiches, lemonade punch, coffee iced or iced tea, frozen coffee cream, strawberry Little Baby Dresses

Has any kind person of your splendid Corner little baby dresses, etc., to spare for a child a year or two old? I wish to visit my dear old mother this summer at house of the specific or specific to the summer at house or from the receiving party. A good lidea is to serve eatables from a summer at house or from the receiving party. A good lidea is to serve eatables from a summer at house or from the receiving party. A good lidea is to serve eatables from a summer at house or from the receiving party. A good lidea is to serve eatables from a summer at house or from the receiving party. A good lidea is to serve eatables from a summer at house or from the receiving party. A good lidea is to serve eatables from a summer at house or from the receiving party. A good lidea is to serve eatables from a summer scheme. So, in order to justify the color scheme. house or from the porch of the house, as very often the pleasure in the out doors affair is marred by the fact that there are too many insects about which are attracted by the sweet food.

The receiving party should stand in a shaded spot under the trees and it is well to have the hour as late as possible, that the heat of the sun may not interfere with the pleasure of the guests. The women of the family always receive and are generally assisted by a few intimate friends.

Call for a Girl Always

They All Love Flowers

No. it would be a decided breach of eti-quette. A man should always call for a girl when he is going to take her out to some affair or to go with her for a walk, unless there are some very unusual circum-stances. In any case, it would never do for the girl to meet him at his place of business.

Straw Hats With Cutaways

Dear Deborah Rush—Will you tell me if straw hats are permissible with a cutaway, and whether spals are worn at a morning weiding in the middle of June? J. B. Straw hats should not be worn with the dress cutaway, which means black coat and vest and gray trousers. This costume calls for a silk hat, and is seldom worn in sum-mer except for weddings; but, of course, for suit of clothes which is made with a cut-

away coat a straw hat may be worn. Silk stockings and low shoes seem more appropriate for a wedding in mid-June than spats. This is largely a matter of personal taste. Of course, spats always look exceptionally well.

How to Make Love

Dear Deborak Rusk-I would like to know in which issue of your paper was published the article on "How to make love." I would like you to publish this article again.

L. C. K.

The Deborah Rush column answers ques-tions on good form. The Evening Ledora has never issued an article on "how to make love," neither does it expect to. These mat-

Letter of Thanks

Letter of Thanks

Dear Deborah Rush—A gentleman friend or
mine sent me some flowers today. I do not ex
pect to see him for about a week, as he le away
Will it do to wait until I see him to thank him
DOLLE. By no means; a cordial note of apprecia-tion of the gift should be sent to the man unless you expect to see him that same day. The expression gentleman friend is not considered in good form.

Should Invite in a Friend's Name

Removes Superfluous Hair From or Under the Arms

Fashion and good taste demand that the underarm must be as smooth as the face.

Yes, there is no reason why you should not ask them to accompany you in her name. If your parents allow you to go to supper with young men unchaperoned it would be proper for you to let them take you.

DEBORAH RUSH.

When Lights Are Aglow

scheme. So, in order to justify themselves, perhaps, in the eyes of the general public, the ingenuous plan of lining black-andwhite shades with color has been evolved. Black and white look dainty and smart in the daytime, but when the darkness in the daytime, but when the darkness comes, and the tail plane lamp or the reading lamp with its shade of black-and-white silk is lighted—coldness reigns. A lining of amber, rose, pale green or buff gives just the proper color tone to a shade of this sort. In fact, the change this tiny act of foresight brings is unbelievable until it is tried once. til it is tried once

Flowered and figured designs are used as linings, too. Imagine the charming ef-fect when the light comes on, disclosing a dainty bouquet of delicately tinted roses, a group of pale birds in flight or a wonderfully tinted Japanese motif! Could anything be more fascinating?

Delicious Berry Sherbet

Delicious Berry Sherbet
Frozen desserts are much easier to prepare than pies and cakes in the warm weather, for the latter means bending over a hot stove for a long time, thus heating up the house and the housekeeper, too. Strawberry sherbet is one of these easy dishes to prepare. Here is the recipe: Mash a quart of ripe berries to a smooth paste. Add the juice of a lemon, a tablespoonful of orange-flower water and three pints of water. Let it stand for three hours. Now strain through a cloth over three-quarters of a pound of sugar. Stir until the sugar is dissolved. Set on ice to chill thoroughly before serving.

Home-Made Floor Stain

Have the floors very clean if you want to stain them darker. This is the first step in applying dark wainut polish. You can make it yourself by grinding up a pound of dark umber in oil, mixing a sufficient quantity of this in boiled linseed oil, enough to give it color, and not thicken the oil too much, or any more than is necessary. Try this on a plece of wood until you get the shade desired. Add or subtract the umber to regulate the shade. Rub this into the floor until it ceases to come off, putting on a second coat if necessary. Finish off with a good sheliac if you want a shiny finish. Have the floors very clean if you want

FAT LADIES MAY REDUCE WEIGHT BY SOLDIERS' SETTING-UP DRILLS Fringed pool, Fern'd grot— The veriest school Of peace; and yet the fool Contends that God is not— Not god! in gardens! when the eve is Nay, but I have a sign; Tis very sure God walks in mine. —Thomas Edward Brown

By WILLIAM A. BRADY, M. D. ward to horizontal; at "two" carry them straight outward, spread eagle; at "three" carry them straight upward, and at "four" sweep the hands down in a long circle straight in front of you till they touch the floor. Repeat this six times first session, and increase one time at each subsequent

or Brady will answer all stened let ing to Health. If your question i interest, it will be answered three clumps, if not, it will be answer to lumps, if not, it will be answer illy if stamped, addreased envelor . Doctor Brady will not prescribe not cases or make diagnoses. Dr. William Brady, care of t Ledge. Fourth. Erect, hands on hip, pull in your chin, throw back your shoulders, throw out your chest. Bend body forward to right angle, and straighten up again; then to right as far as you can; then to left as far as you can, straighten up again, then bend backward as far as you can, then orect. Repeat this half a dozen times, and one more at each succeeding session.

Fifth Erect, chin in, etc. Hands on hips. Left leg forward to horizontal three times, then left leg three times.

Sixth. Lie on back on floor. Lift both legs to vertical three times. Increase one time each day until you can do it a dozen times.

THIS is for ladies only. Fat ladies. A I fat woman is fat all over, but a fat lady is just a little too stout about the hips and under the corset. She can squeeze it in for a little while by some sort of advanced physics, then presently it seems to spread all over and she becomes a fat woman. It looks to see the corrections of the correction of the correc all over and she becomes a fat woman. It looks to sad to see a fat woman waddle along trying to appear cheerful and step lightly. One cannot help thinking that she was once only a fat lady—who had such an uncontrollable appetite and such a hatred for long walks that now, through no fault but her own, she has grown to dowager proportions and her temper, despite all literary license, has assumed hair-trigger characteristics and her husband—somehow she always trails a husband—has become docile as a Missouri mule. come docile as a Missouri mule.

The fat woman can fast if she wants regain her pristine proportions. Yes,

can do it a dozen times.

By this time you will realize that you have been working. But don't let a little thing like that bother you. The great trouble with you fat ladies is that you are so afraid of work. You are strong for the automobile, the street car, the elevator—anything that saves work. If you would just use your muscles, and not pack them away in fashionable splints, you wouldn't be fat ladies. Feet and —er, that is—lower and be happy while doing it. The fat lady can do better than that; she can not only diminish the intake of fuel, but she can increase the consumption fuel, but she can increase the consumption of fuel. This latter remedy is very simple. It is exercise. The setting-up drill, as employed in the military training school, is the finest thing in the world for a fat lady. From 5 to 20 minutes of it each night and morning will trim her to actual fashion-plate proportions, or as near to the pattern as any human being ever approached. away in fashionable splints, you wouldn't be fat ladles, Feet and —er, that is— lower extremities are being featured in this sea-son's modes. Put them in training so they can stand scrutiny. Walk and grow lithe.

SCHEDULE FOR THE SETTING-UP First. Stand erect, chin in, chest up, houlders down and back, stomach drawn up, heels together, hands on hips. Take a deep inspiration. Second. Crouch (squat) half way to

Second. Crouch (squat) nair way to heels, and right up again. Repeat for six times first session; increase one time at each subsequent session. Third. Erect. Hands at sides, palms forcancer is contagious. Ordinary cleanliness is all the precaution necessary. There is no known cure for cancer but surgery. After the surgical removal of cancer in any ward, shoulders back, chin pulled in. Count
"one—two—three—four" at the rate you
walk, and at "one" lift arms straight forrayed as a means of preventing recurrence.

Caring for Blankets

Spring housecleaning means many weary-ing tasks, but the worst of them all is washing blankets. It takes a goodly amount of money from the housekeeper's allowance to send these to the cleaner's, especially where there is a large family. So the woman who decides to "do" her own blankets should learn the very easiest way to manage them.

Here is one system guaranteed by an experienced housekeeper: Put a half pint ammonia into a tub and stretch the down in the fluid. This should then be covered with lukewarm water. This process allows the fumes of the ammonia to case allows the fumes of the ammonia to the through the blanket and loosens the dirt. Good, vigorous squeezing will do the rest. Plinse in a tub of clear warm water and run lightly through the rest.

and run lightly through the wringer.

Here is another and more complicated
method, designed for use n very soiled
blankets: Air, beat and brush the blankets out on the line before washing, so that every possible piece of fluff and down is removed. Then shave a couple of bars of good wool soap into a basin, add it to a pan of boiling water and allow it to "jell" for a few minutes. Now have a tub or stationary washtub half full of warm water with a half cupful of ammonla in it. Mix the soap in with this, then put in your blankets. Stir them around with your blankets. Stir them around with stick, but do net rub them-squeeze and souse them up and down. When the top of the water begins to become scumme of the water begins to become scummed with dirt the water should be changed. The second water should be like the first. The sousing process must be repeated until all the dirt is removed. Rinse in clear water. Then put them through the wringer—the jaws of which should be very wide apart for this or they will make your blankets

look stringy—and hang out on the line.

Blankets should be hung lengthwise on the line, using plenty of plins, so that they have no chance to sag. Shade is better than sun for drying them. When they are quite dry go over them well with a whisk broom, brushing with the nap. This makes them delightfully fluffy. Fold away makes them delightfully fluffy. Fold away with camphor balls or in moth-proof bags.

Omelette Parfait

Your morning omelette should be made like the French people make them French are famous for their omelettes. A bit of boiling water added to the omelette will keep it from looking corrugated.





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My Garden

Polishing Silver

A high lustre is given silverware by a

bing first with lemon, then with

like a rather involved process, but

high shine on the silverware usually but

and jastly with a good whiting. This see

MERIDALE BUTTER

reaches you as fresh and pure as the moment it leaves the churn.

Thenew"Merifoil" wrapper safeguards this "uncommonly good butter" in the short, quick journey from the creamery to your table. Sealed so perfectly that dust or odors haven't a chance in the world.

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AYER & McKINNEY (Makers of Meridale) Philadelphia Bell Phone, Market 3741 Keystone Phone, Main 1783 Look for the "Merifoll" wrapper-air-tight, dust- and odor-proof-at your grocers.

Then, to end all disputes I entwined

The violet invited my kiss. I kiss'd it and call'd it my bride; Was ever one slighted like this?"

The Violet and the Rose

Sigh'd the rose as it stood by my side.

Fourth. Erect, hands on hip, pull in your

Seventh Turn on abdomen. Lift body

from floor by pushing up with arms, three times. Increase one time a day until you

QUESTIONS AND ANSWERS

Cancer of the Lip

Is cancer of the lip catching? Is there any cure for it besides operations? Would X-rays help it?

Answer—There is no reason to believe

can do it a dozen times.

To comfort the fair one I turn'd; Of fickle ones thou art the chief!" Frown'd the violet and pouted and mourn'd.

The love-stricken blossoms in one; But that instant their beauty declined And I wept for the deed I had done -Joseph Shipsky

This Book on Home Beautifying Sent Free

T contains practical suggestions on how to make your home artistic, cheery and inviting-explains

how you can easily and economically keep your piano, furniture, woodwork and floors in perfect condition.

- gives complete specifications for finishing inexpensive soft woods so they are as beautiful as hardwood. It shows most attractive color combinations for interior decorating.

If you are interested in an artistic home - if you are an amateur craftsman-if your children take manual training -if you are an architect or interior decorator-if you contemplate building-you need this book.

IT'S FREE-all you have to do is ask your paint, hardware or housefurnishing dealer for a copy.

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This is the best polish to use on your furniture, woodwork and floors. It forms a perfectly hard, dry, glasslike coating to which dust and dirt cannot adhere. It is impervious to water, heat, dust, finger-prints, etc. Preserves the varnish and adds years to its life. Keep a can always on hand for polishing your

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For sale by Hardware, Paint, Drug and Housefurnishing stores

"Indexing Industries

Raymond G. Carroli

completing an inventory of the country's resources for preparedness. This is a monumental work, and one which the Government has hitherto neglected. Just how it is being done, and the response patriotic business men are making to the committee's appeal for information and assistance, is told by Raymond G. Carroll in

SUNDAYS

PUBLIC & LEDGER

Needs a Sewing Machine

"My invalid husband and I, to make a long story short, went to a farm, but neither could stand the work, so we came back last fall. He is working on a farm now, but has no heavy work and is feeling much better. Of course, his wages do not amount to much. I am anxious to help him, but cannot go out washing or cleaning. I am not strong enough, besides I must be here to prepare my husband's meals and care for our 'one ewe lamb.' She is I years old and such a comfort! I do not know what I would do without the precious gift. When we left the farm we sold our furniture, even the sawing machine, and I should like to have one! I believe I could help out our expenses with one. Last winter I made our little girl two dresses by hand, one from a piece of serge that had been given to me, the other from the best parts of a dress of her own. I am quite handy with the needle and am willing to do piain sawing for a machine. I will pay freight on it. I can do hand sewing, too, such as hemailtuding, feather stitching, etc. I have had to make many sacrifices to keep our little girl at school and buy medicine for my husband. But it is not hare to give up all gersoual advantages for the rest of my days to make loved ones comfortable and happy.

I make seem for the long communica-Needs a Sewing Machine

I make seem for the long communicaon because the story of her checkered
for and longing touches my heart, as
an ears it will move the sympathies
of other methers and housewives. We
save not asked for so big a gift as a
swing mechanic for a mouth of dundays."
It say grandomethers used to express an
administa but long siretch of time. If
there be dee in a home belonging to our
rantly which may be upared to the galout fighter against odds, let us know of
the mean as may be the name and addram of the wife are registered in our

has some phonograph records to pass on. We have a 'neighborhood association' here, and a phonograph with which we entertain the children. We have only a few records and desire more. If Katherine W. or any one else has some they no longer care for we should be glad to get them, as most of ours are cracked. Let me know if you can procure them for us? At any time we can do anything for the Corner we shall be glad to do so.

CLARA W."

I wish it were not my duty to tell you

I wish it were not my duty to tell you that the noble gift of Katherine W. was passed over into the hands of an earlier applicant before we had your letter. In the hope that another set of records may be forthcoming in reply to your petition I insert it. The object is so praiseworthy that it must attract favorable attention.

visit my dear old mother this summer at

yisii my dear old mother this summer at my home town. I haven't seen her for two years, and as my husband's wages are small, it will take all I can save for carfare and clothing for myself. Mrs. G. B. B. and clothing for myself. Mrs. G. B. B.

The tip of the crescent "blue moon" showed itself distinctly above the horizon last night, and I hailed the sight as a token of good to the dear member whose letter I had just read. Your baby must not go shabbily clothed to the old mother. It would be an added pain to you to see the worry upon her face. I refer your plea to a committee of the whole.

"I am the mother of three children. My husband works 13 hours a day, seven days a week, to provide the necessities of life a week, to provide the necessities of life for us. We all dearly love flowers, but have no money for them. Will some Cornerite send me builts of lilles, hegonias, gladioli, or other plants and climbing vines? will pay postage.

Flowers are plentiful and beautiful now And lilies and narcissi, hyacinths and tulips, with other early blooming plants, will soon make way for summer flowers.
When you take up the bulbs to pack away
in sand or clip the plants down above the
bulbs that will come up next spring, give
a thought to our flower lover and send to me for her address.

They Got a Piano

They Got a Piano
"I want you to know that Mr. K., whose letter you sent to me, sent us a nice square plano. It only cost \$8 to get it from the city. It is worth that and much more to us, is in good condition, and has a sweet tone. Oh, the joy it has given us all! I find I have not forgotten how to play myself. Maybe some day, in some way, I can do something for your Corner. God grant that I may! H. P. P."

We have asked for so much of late and in one or two instances for articles of more value than those which usually command our notice that I turn with a sigh of positive relief to the above. It is a joy that sinks into every heart like a cooling heverage to one weary and thirsty to learn of the nobis benefaction of one of our very own members and the joy it has brought to one home. Heaven reward him!

Needs Arch Supporters "I read in the Corner of a woman who had arch supporters. If she still has them, would she let me have the pair? My feet are broken down and they would mean much to me. I should dearly love to read to a shut-in who is lonely. Can you send me an address?

S. E. S."

That particular pair of arch supporters was bestowed elsewhere before your note was received. You shall be remembered should another pair be tendered. I hope this may be, and shortly. For the Summer Dessert Here is a delicious emergency dessert— one that can be prepared almost in the twinking of an eye. Put into a large bowl one and a half cupfuls of fresh strawberries, a cupful of sugar and the white of an egg Heat with a wire whisk until stiff enough to hald its shape, file light on a dish and serve with a border of macaroons.

ASK FOR and GET THE ORIGINAL

MALTED

THIS Russian blouse is one of the attractive models for summer. It is of white voile trimmed with Delft blue voile, which forms the double hemsitiched collar, cuffs, sash finished with ball ends, large flat buttons, as well as the single border of the blouse and double bands of the skirt. The blouse features the yoke effect and also the bishop sleeve. The dress comes in white, trimmed with various colors, at \$5.98.

Peanut straw is featured in this practical hat for summer, with its broad, pliable brim, which may be worn in drooping, mushroom effect or slightly rolled, as shown. In contrast to the purple straw, Delft blue grosgrain is used for the flange and smart tailored bow. Three rows of purple floss encircle the crown, while a single row outlines the flange. It may be ordered in various color combinations for \$5.98.

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