# HEALTH TALKS-M'LISS' COMMENT-MARION HARLAND-FASHION ADVICE-CULINARY TIPS

## A MATRIMONIAL CHANCE FOR EVERY WOMAN? M'LISS ASKS

### A Wholesale Honesty on the Part of Old Maids Might Reveal Some Interesting Data

TT IS the popular bellef that every But does every woman have at least woman has at least one chance of marrying.

She may have a wart on her nose or a disposition like the epidermis of a porsupine and yet chivalrous man and a cannot live without her.

The most uncompromising spinster, who, to the younger generation, looks like the twin sister of a desiccated mummy, very often has it said about her that "she might have married the rich Mr. So-and-So had she only not been so finicky."

If the real truth were known probably the rich Mr. So-and-So once in an unguarded moment said of her "that she wasn't half bad," and family tradition embroidering and elaborating the charitable words, the gentleman straightway developed into a disappointed lover who never quite got over his affection for Aunt Abigail despite the blandishments of his wife and six children.

The women most envied in the world by the less fortunate of their sex are the women who have been the most loved. No woman envies a sister her beauty or her brains, if along with them she has not the power to attract men.

"It's charm," said the heroine of one of Barrie's delightful plays, "and what every woman knows is that if she's got it she doesn't need anything else in the world, and if she hasn't got it nothing else that she has counts," or words to that effect.

Every woman wants to be loved. Every woman needs to be loved to complete her life as it should be lived on | Is the pay envelope more to be desired this earth. And yet, according to the than the conjugal nest? Or have many popular belief, many women remain women been simply forced to content single from choice.

one chance to marry? That is to say unalded and unabetted by any aggres sive move, obvious or subtle, on her part' A very honest woman of my acquaint kind world credit her with charm or in- ance, elderly and successful in business, genuity enough to have deluded some lives in a little home with a child she benighted male into thinking that he has adopted, for whom she keeps a DUPRE.

> "I did not meet desirable men when I was young and impressionable," she told me frankly. "Perhaps it was because I realized the undesirability of the men I did meet and discouraged rather than solicited their attentions, but, at any rate, not one of them asked me to marry him. Then I plunged into work and forgot all about any domestic longings I may have had. But they wouldn't be squelched, and so when I looked in the mirror and saw the gray hairs and the wrinkles I gave up all hope of inducing matrimonial sentiments in any man and took the kid out of an asylum and set up this home." This woman has all of the feminine natincts. She is home-loving and fond of children, yet no man sought her for a wife.

It would make interesting reading, I believe, if all of the women who have passed their 40th year and are still unmarried would set down their reasons for having eschewed matrimony. Perhaps the arbitrary assumption of men, like the New York educator quoted in this column a few days ago and in the letter be low, that women often put thoughts of husband, home, love and children aside for an economically independent spinster

hood, has no ground. themselves with it? M'LISS.

### Letters to the Editor of the Woman's Page Address all communications to M'Liss, care of the Evening Ledger. Writs on one side of the paper only.

GOOD FOOD, EXERCISE AND FRESH AIR

HELP ARRESTED GROWTH IN CHILDREN

By WILLIAM A. EVANS, M. D.

We said to me, with tears very near the sur-de: "Isn't it encurb that we are denied husband, me and child without being reproached for it?" I know numbers of pretty, bright, aweet siris, home chief desire is to share in buildhin a mariage they gradually enter into are or tother means of earning a livelihood, but al-asy with a medest but howeful eys toward any selde man who holds the key to their para-se. And then mey livelihood, but al-asy with a medest but howeful eys toward any selde man who holds the key to their para-se. And then mey like Mr. Martin will make se even harder for them by refusing them ual pay for equal work for fear the induce-nt to stay out of paradise will be too graat. It reminds one of the French law which makes the unlicky podestrian for being run with a the the holds of the branch do if them

That Mr. Martin and his ilk should do. if they really in extremel, is to onact a law which configure one-half the licome of every mar-instried at 30 and officient a state that will be supporting of grids in a state that will make necessary inder the logical. How the house the state that will make necessary in the the state that the support of the state that will make necessary inder that units them to be an inder the state that will make necessary inder the state that which a course teaching hows how to select the showing them the should of the star winning a kirl solely for her beauty and after marriage expecting of her the ster-qualities of the kirl he didn't woo. It id lower the divorce rate. A READER.

ar M'Liss-Tour account in a recet issue ar Strawno Leitonn of the reason why Mr. in of New York advocated lower suisties ones issues in a control of the same and the advice given the women to marry they are 30, is another evidence of the sald to me, with tears very hear the sur-and the source of the sure of t

Will the correspondent who wrote me letter about her freckle cure kindly to me where she obtains it, so that I can satisfy the queries of others who would likewise get rid of their freckles?

Dear M'Lins-Would like to know if any en-cent tell me where I can not the music called "Always". It is very old, Do not know the number nor the publisher. All I can reinemiser of it is these few words:

"When Hiss are closed. Eyes do speak. I love you always"" Have inquired at almost every music store, but so far have failed. So I have come to the Everysive Lifesten to help me, and may some time be able to return the compliment. A. J. of her beauty and of her the ster-didn't woo. It A READER. I do not. A. J. Do any of my readers know the song for which this correspondent is seeking?



#### A COOL FROCK OF VOILE

N ATTRACTIVE frock for playtime is this one of plain and pin-striped volle. AN ATTRACTIVE frock for playtime is this one of plain and pin-striped volle. It comes in white with plak, blue or green stripes. The dress, which is a suspender model, has self-material used effectively for the suspender effect as well as the collar and cuffs, all of which are neatly finished with ploting. The plain white blouse is finished with pin tucks, hemstitching and pearl buttons. Deep plaits make the skirt quite full. The frock comes in sizes from three to six years for \$2. The sports hat, which launders nicely, has a white poplin tam-o'shanter crown and a soft brim of chambry in either plak, blue or green. A black velvet band ending in streamers is its only trimming. Price, \$1.50. The name of the shop where these articles may be purchased will be supplied by the Editor of the Woman's Page, EVENEND 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.

on which the article appeared.

## THE WOMAN WHO SEWS

Readers who desire help with their dress roblems will address communications to the calmon Expert. cure of the Editor of the fournt's Page, the Evening Ledger. underneath (on the net), with French blue

Now that everybody's talking war and it's scarcely possible for a body to have a bit of feminine gossip without preparedness utting in the entire sex feminine seems to bat with a blue velvet bandeau and a rose smitten with a timely predilection for khaki.

It had to come soon or late with the Chevy Chase enthusiasts talking so supe-riorly of first-aid work, ambulance driving, wirelessing and wigwagging, but it was scarcely to be expected that the manufac-turers could be prepared so competently to

meet the demand. There's something wholly entrancing about the little rookie in her jolly flannel hirt and her trig khakl uniform. No No won-

But now her inning has come, too, for there are sport suits in khaki, with a smart military air about them to be had in every size, and there are puttees, too, not designed for war purposes, however, but for boating and mountain climbing. Skirts boast cart-ridge pockets and military belts. Hats

## Marion Harland's Corner

communications addressed to Marion a shorid inclose a stamped, self-ed envelope and a climits of the fin which son are interested. Records to aid in the charitable work of the chalanti write Marion Harlord, and the to before mail costing received unmunicate direct with those partles.

#### **Directions** for Coloring

WILL give directions for coloring |

"I WILL give directions for coording a lovely green that will not fade. A woman recently asked for it in the Corner. This will not even fade out on goods: For eight pounds of goods take six ounces bi-chromate of potash and three ounces of sugar of lead. Dissolve in warm water in separate tin vessels. Dip the material first into the sugar of lead. Wring out and dip into the potash. Repeat until you have the desired shads. Rinse in cold water. This colors yellow. To color blue: For 10 pounds of goods dissolve 10 ounces of copperas in warm water sufficient to cover the goods. Let them remain in it while coloring the dya. Put clear water into a tin or copper boller. When it bolls put in six ounces prussiste potash. After this is dissolved put in the material. Wring from the copperas water. Let them re-main half an hour. Put into a tub. Afr well. Then add four ounces more of prus-sists potash. Dip the goods again a few minutes; take them out and air well. Add three cunces in cold water and dip into the yellow dys to obtain green. (The same as for yellow.) Divide the goods and color those for dark green first. For all fancy shades the goods must be white and clean. E. V. R." lovely green that will not fade. A fancy shades the goods must be white and E. V. R."

#### Washing Compound

"Washing compound for Mrs. A. W. R.: One can of patent by dissolved in a quart One can of patent by distorted in a deart of cold water. Then add one ounce of saits of tartar, one ounce of saits of am-monia and enough water to make a gal-lon. Bottle and use half a cup to two-thirds of a botler of water. Shave in a half bar of soap. \_\_\_\_\_ Ia''

#### Cleaning a Straw Hat

"A Cornerite asks how to remove the dusty appearance of a rose and black hemp

clean.

A Cornerite asist how to relate themp straw hat. I have several suggestions to make: I have always cleaned and pressed my hats and satisfactorily. First, brush the hat thoroughly and rub it with dry salt all over. When the sait has a dusty ap-pearance use a fresh supply. To press the brim of a hat lay a damp cloth on the brim and press it with a hot iron. Do not let the iron remain upon the hat, as it will make an impression. To clean velves, no matter how delicate the shade, use benaine. First, brush the dust from the velver and then apply benzine with a soft clean cloth. As soon as the cloth soils use a fresh plece. To press velvet, hold the hot iron upside down firmly, spread a wet cloth over it and pass the wrong side of the velvet back and forth on the face of the iron. As soon as the cloth dries diampen again, as it is the rising steam that takes the creases out of

"JENNIE S."

#### Feeding the Baby

Dear Madam-I have a large penut straw hat, and want to put some kind of a handeau around the crown. I want to wear it with summer dresses of various shades. Would you put any kind of an ornament in the front of the haft Your advice will be apprecised. E.C. There are lovely scarfs of various Roman color combinations to be had in the shops. One of these could be draped around yout hat to good effect. The pastel shadings are also good. Daar Madam-I want to buy a firsh-colored georgetic blouse. I have to buy a firsh-colored which has a care color to she that the firsh print to veer it again next season, and during th white a list wind of she stroking are firshionable just now? MRS, G. H. P. I would strongly advise you hook to get stouter and, like many innovations, is likely to be short-lived. If you want something to do you two genesons, better chose a more good you two genesons, better chose a more to you two genesons, better chose a more to you two genesons, better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two genesons. better chose a more to do you two

Pincepple toast is a novel recipe. Cut slices of old sponge cake a half-inch thick. Shape them round or diamond to give variety. Brush these with butter, dredge with sugar and brown lightly in the oven, food them nove observed pincempla and

Cool, then pour chopped pineapple and

## NO WONDER U. S. MARINE LOOKS WELL! IT'S THE WAY HIS KHAKI SUIT IS MADE

A Trip Through Quartermaster's Department Gives Reason Enough Why These "Minute Men" Look Like Beau Brummels When They're on Parade

THERE are many kinds of preparedness, hut you can rely upon it that when Uncle Sam's marines go sailing off to Vera Cruz again—if they do-thcy will be the most dressed-up boys you ever saw. There's not a single item of the marine's outfit that is overlooked in the factory of the duarter-master's department of the United States Marine Corps at Broad street and Washing-L but you can rely upon it that when Uncle Sam's marines go sailing off to Vera. Cruz again—if they do—they will be the most dressed-up boys you ever saw. There's not a single item of the marine's outfit that is overlooked in the factory of the quarter-master's department of the United States Marine Corps at Broad street and Washing-ton avenue. Everything from underwear to fiags is manufactured, and the iad who joins the corps nowadays can look with pride on his well-fitting khaki suit, which the uniform department considers essential. Just one neep at the wonderful factory The underwear department is one of the most interesting of all, for here are only is strils, who turn out an average of 500 draw-ers a day. The workmanship is perfect finishing, pressing and cutting is done with the accuracy of experience. The electric cutting machines which are used for wiry heavy materials have an upright blade like a razor, which goes through the toughest fabric like a knife through butter. There is a little battery attached, and the shift coats, etc., are cut out sometimes 40 at a time.

the uniform department considers essential. Just one peep at the wonderful factory in which the spic and span uniforms are made shows the reason for the faultless sartorial reputation the marines enjoy. No large firm on philanthropy bent could have a cleaner, brighter, better managed depart-ment than that managed by Walter H. Liedike, superintendent of the supply depart-

ment. Under his cautious eye more than 200

ter is also worth watching. This matching makes a buttonhole in a second, and its makes is buttonhole in a second, and its and second while the make hill be astanded is button to see the flags being made; one would never think there are in a second is and the is second is a second is a second is a second of the second would never think there are into and the one after her passes the garments and any. Khalk rousers, dress uniforms, coats and other are in a second of the second is to turn out to make him look like Beau second in the standard is kept upno of girls who sew on chevrons, which are the insignia the second second is a second would never the second is the factory that they've never load an employe to go to another job.

## Pineapple Dishes

There is no more delicious warm-weather fruit than the pineapple. Fruits are a wel-come change at any time, but particularly so after the heavy meats and highly see-soned sauces of the winter. Then the pine-apple has a great many medicinal qualities that make it invaluable. Children love it, and it is one of the best things that they can eat for their general system, and for digestion, because of its pepsin-like quali-tion

A fine fresh pineapple may be made into A fine fresh pineapple may be made into a delicious variety of summer desserts, and it is a good idea to can enough of the fruit for future reference. The best crops come from Cuba, Porto Rico and Florida and some from Hawaii. It is a good idea to watch the market, and choose the fruit the time that it is at its lowest price, and how enough to inst. and buy enough to last.

The best way to cut a pincapple is to remove the crown or blossom part, then cut through the fruit from top to stem. Divide into quarters. Remove the core; then cut into cubes or shred.

Pincapple shortcake is good. Use two cupfuls of sifted flour, into which you have put four tenspoonfuls of baking powder and a tenspoonful of salt. Add a tablespoon-ful of lard and two tablespoonfuls of the tablespoonful of a tablespoonful of the solution of the soluti butter; chop until the shortening is quite fine. Now add a cupful of milk (scant); beat thoroughly and bake in a large bis-cuit pan until done. Separate the biscuit by quickly drawing a clean white thread by quickly drawing a clean white thread across the top between the top and the bottom. Butter each side well, add pow-dered sugar to the under piece, then add shredded fresh or canned pineapple; sprinkle again with powdered sugar. Put whipped cream over the top; garnish with allocs of orange.

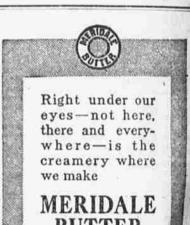
COOKING IOP TWO A conservoie is a very handy diah to have around the kitchen, because the meal that is served for two. if it happens to be a slender one, may be made to look inde-scribably dainty and alluring in it. The literal meaning of a casserole, as the French cooks used it, is simply a covered dish, made of fireproof pottery, which will stand the heat of the range. A stew, or a baked meat of any kind, if it is dainthy hashed and covered with cream sauce may be made in a casserole in no time, and tasts all the nicer for being so prettily prepared. Digestible Cucumbers

Cooking for Two

ime. The automatic buttonhole maker and cut

The automatic buttonhole maker and cut-ter is also worth watching. This machine makes a buttonhole in a second, and just as the last stitch is completed, a sharp, thy knife descends like a small guilletine and cuts the hole for the button to go through. It's a liberal education to see the fags being made; one would never think there are so many different kinds of fags-re-cruiting flags, signaling flags, union jacks and plain, everyday American flags, and the demand is so great that it is impossible

If your cucumbers roll into an unnoticed corner of the ice chest and get too soft to serve on lettuce, don't throw them away. Put them in ice-cold water and let them stand for an hour or so, renewing the water if you can. Then peel them and silce them, pouring a cream sauce over them like that you serve with asparagus. They're not half so indigestible this way as raw,



bowknots in between. The bodice was a surplice affair, V front and back, with longfitted sleeves of the lace, joined together in such a way as to show the arm where the lace joined on the inside of the sleeve. A large, floppy cream-colored horsehair would look pretty. Dear Madam-I have a large peanut straw at and want to put some kind of a handsau round the crown. I want to wear it will unmer dresses of various shades. Would you ut any kind of an ornament in the front of he hat? Your advice will be appreciated.

and mountain climbing. Skirts boast cart-ridge pochets and military belts. Hats have taken on a rakish appearance. Boots are substantial. Are you prepared?

the velvet. While passing the velvet over the iron brush with a soft brush, taking

the fron brush with a min, for sense to the spots care not to damage the nap. To remove ink spots from velvet and wool carpets, also rugs, apply fresh milk, first having removed the cream. After the second or third appli-cation the spot will have disappeared. May the good work of your Corner continue!

Questions pertinent to hygiene, sunifation and prevention of disease. If matters of general interest, will be answered in this column. Where some will not permit or the subject is not suitable, letters will be answered personality, subject to proper limits-tions and where a stanmed, addressed en-yelope is inclosed. Doctor Evans will not make clasmoses or prescribe for individual diseases. Requests for such service cannot be answered.

BOY who is not so tall as he wants A to be, and who has not grown for three years, although he is only 19 years old, wants to know if there is any possibility that he will or can grow taller ; and, if there is, what he can do to help on the process?

Osborne and Mondel have recently studied the possibilities of causing a resumption of arrested growth. They took young white rats and stopped their growth by changing their food. In some growth was stopped by feeding insufficient food. In others the food given was not of a quality which pro-motes growth. After these animals had been thoroughly runted and had been kept there for a long time-that is a long time in the growing life of a rat-feeding them properly caused them to grow to full size. A rat usually attains its growth within the first 300 days of life. One of their stunted rats resumed growth and grew until he was \$50 days old.

Some of their conclusions are as follows

Some of their conclusions are as follows: "It is reasonable to ask whether the ca-pacity to grow can ever be lost unless it is exercised." They found that animals in whom growth had been arrested when fed right and given a chance to grow grew rap-idly until they reached their growth. This was true regardless of the size and age of the animals when growth was stopped or how long it had been stopped. In some cases the renewed growth was more rapid than the normal growth. They concluded that the stunting from insufficient food or im-proper food can be wholly overcome.

The foods best suited to produce growth were good fresh milk, butter, eggs, meat and bread, vegetables and fruit. These foods rank in value in the order named. Funk and MacCallum may that proteins, carbohydrates, fats and salts are necessary for growth, and that, in addition certain ac-cessory substances, one water soluble and one fat soluble, are necessary. Yeast and butter on bread, meat and sugars will stimplate growth, but good fresh milk is best

Now, what does this mean? It means that when growth has been stopped because of lack of food or poor food proper food will cause it to resume. And that is all that it means. If a boy has stopped growing from any other cause, change in food, in quality or in quantity, will not cause him to begin growing again. If a boy stops growing at 5 feet 5 inches because some ancestor was short, he cannot change his food and there-by increase his stature. And it is inheritie that determines stature in most cases The ancestor that the boy takes after m not be as father or mother. It may be prandparent or perhaps even a great grand-areat. There is not much that a boy can be to increase his height who stops growing because it is in his stock for him to stop he should get plenty of exercise in the open air and eat abundantiy. He should eat plenty of good fresh milk and butter and plenty of meat. Perhaps he should eat some drind years. This policy may help some, but the chance is against it.

#### Liquor Cure

V. P. writes: "I find a great deal of val-a futformation to health notes, but any par-arily intermented in a lighter outry. Would mining publicating a railable ramiedy for the

\_\_\_\_\_ drink habit that can be administered at home?

I wish I could. A liquor cure consists of two parts. The first is to rid the sys-tem of alcohol and its products. That can be done by very free purgation. Calomel. blue mass, or some other form of mercu isually is given, but probably any other sowerful purge would do as well. If an Moohol subject has been pickled for a ong time or by large amounts, he will re-juire some supporting, bracing treatment while he is to be dealcoholized.

The second and more important part of he treatment consists in strengthening the rill power. This is a matter of mental and noral upbuilding and training. In the light

morsi upounding and training. In the light of the above statements you see the folly of placing faith in home curves for the liquor habit. There is none such. The patient must know what is being done: he must lend some sort of an assent in the earlier stages of the curv while in the later stages he must work it out for him-al or presentations. self, or practically so. Medicine to be put into the coffee and other cures to be ad-ministered to unsuspecting patients do not meet these requirements.

#### Pains in Chest

R. E. P. writes: "1. For the last two y-arg I have been troubled by pains in the chest, fevers, chills and small quantities of blood in my sputum. Have been examined by two long specialists, who tail me may troubles are due to a deflected septum in the noise. Can the noise affect the chest in the mainer described above? My sputum is negative. "2. Outside of a regular physical examina-tion, what is a positive test for tubersuloals in the invision of detecting the dis-base in the carly stages?. However, there seems to be no doubt that you are not tu-

to be no doubt that you are not tubercular.

3. Tuberculin is when given hypodermically, X ray is not so dependable in diagnosing the disease in its early stages

### Start the "Skeeter" Hunt

Malaria is said to have hastened the fall f Rome. The mosquitoes that transmitted his disease were more deadly to the inhabtants of the city than the barbarians. Much as been written about the similar injury Greece in modern timus. At least two diseases are carried by cer-

At least two diseases are carried by cer-tain species of mosquitoes-maiaria and yellow fever. All of the species, however, are very unattractive citizens, and should be killed off whenever possible, for they make nature's choicest rpots unionable. Have you ever permitted mosquitoes to breed around your house? It is very easy to do, and frequently the housekeeper does it unconsciously. Water is the ideal breed-ing place for them. One old formato can half filled with the rain will breed thousands of mosquitoes. Then there are plenty of of moznultoes. Then there are plenty of little hidden pools around country houses that are never suspected. And drain pipes, clogged up with mud and leaves are another habitat for the posts.

The most effective way to get rid of them is to lot the extermination be a community affair. Every drain pipe, sewer and small pool should be elied—that is, kerosene or petroluum can be poured over the water. This cuts off the air supply and kills the larvae. The oil must be renewed frequently. farvae. 'The oil must be renewed frequently but it certainly drives away the "akseters.'

Using Up Canned Corn

Here is a good "disguise" for a half amp tied can of corn. Turn the corn out is baking dish, senson with salt, pepper paa paking unit, small with statt populy pa prika and a taste of musical. Pour over it a cupful of white sauce and a beaten egg. Hake until a golden brown Choese may be sprinklad over the top of the dish, if wanted. It makes a pleasing luncheon delicacy.

You could wear a gown such as I saw the other day. It was made of wide cream colored Chantilly lace, mostly with a silk-net foundation. The skirt was simply three

though there are so many charming styles ocks are worn tiers of lace, with wreaths of tiny rosebuds | with sport suits and dresses this year.

#### Traveling Helps

The average woman looks like a wreck when she gets off the train after a long journey. It is because she doesn't know the proper way to travel, the little "first Not entirely new, perhaps, but at least aids" that every woman traveler observes are as a closed book to her. There are many small toilet articles that help to do away with the traces of travel, but the best way to keep from looking bedraggled is to see to it that the circumstances that cause the bedragglement are done away Hero are some rules, made up by

vitti. Bertha Kallch, who has traveled thousands of miles in her time and who has the reputation of always looking as trim and neat as when she sits in her own boudoir.

Never start out on a trip with ofly: unwashed hair. It acts as a magnet for cindars and soft coal dust. Have your hair shampoed three days before you start, so that it is clean but manageable.

2. If you have never worn a hair net before, wear one when you start out on a Journey. It is very much more successful than invisible bairpins to keep in loose ends —and it can be removed just before you arrive at your destination.

3. Do not rely on soap and water to a. Do not lety in soap your face and neck. Have small squares of old, soft linen rags or bits of cheesecloth and a generous jar of some good cold cream. Use this at least threa times a day so that the soot won't have a chance to lodge in the pores and enhance time.

enlarge them. 4. Powder is a wonderful aid to tidineas— both talcum and face powder. It is cooling and takes away the shiny, greasy look that is the most damaging blemish of all Don't be afraid to use powder in quantities. Be as layish with it as your mother was when a star unfart.

you were a tiny infant. 5. Have all your tollet articles in one convenient receptucle so that they will be easy to carry out to the washroom. If you have to hunt through a suitcase full of

6. Do not wear cloth suits on a train. traveling costumes.

7. Last but not least, make it a point to close your eyes for a part of the day, even if it is not possible for you to sleep. If relieves eyes strain and prevents the wretched headaches that so many women suffer from on long journeys.

## Ironing Linens

When you iron table linen you have the opportunity to use for yourself how your linen wears, and you have a chance to see that the ironing process is not shortening the life of your linens. The best way to do ironing of fine linens is to work with the material Yeu can see the way the grain when the transfer of the transfer of the second se goes after a few trials.

Dear Madam-I am going away to visit in a rather fashismible resort, and want an idea for a dreasy frack for attenuon occasions. Tays blue goes and suburn hair, and am slight in build. Hough tuil. I have enough morning tropsees but i want something affairs. Also, itternoon and informal systeming affairs. Also, itternoon and informal systeming affairs. Also, itternoon and informal systeming affairs. Also,

Hand clocked hoslery is very smart, althat it is impossible to say just which one is smartest. Two-toned clocks are worn

Ice for the Skin

comparatively recent. is the idea of ice and cold water instead of steam and hot water for the complexion. But at all events it is one of the theories put forth by present-day specialists, and it is worth

Years ago, the Victorian beauties, who were noted for their pale listlessness, were wont to smuggle a bit of ice up to their boudoirs, with which to rub their lips to something like modern ruddiness. And many an up-to-date miss depends upon this last tap of ice to her soft checks to give them roses that nature forgot to endow her with !

The idea of the beauty specialists today is this hot water may be good to open the pores, and to take the dust and dirt out of them, but it keeps them open, thus

causing enlarged pores. Every one knows that steam-alias hot water-does open the pores, so the rest of the conclusion is taken on its face value.

These same experts offer a solution the problem. "Use warm water and plenty of bland sonp," they say. Then rinse the skin with warm water and gradually change to cold until the very coldest water that runs from the faucet is used. Then comes the ice treatment. Wrap a piece of ice in cloth and rub it over the skin several imes. This makes the skin finer, closes the pores completely, and brings the blood o the surface of the skin, givi ush that is the despair and the ambition

f every woman. Cold cream is good for removing dust and dirt from the face, but if there is an inclination toward olliness in the skin it had best be sparingly used.

Cold cream should be rubbed on any skin that is destined to undergo the ice treat. you have to hunt through a suitcase full of clothes for them the "fixing up" will most likely not be done.

Cuff

Links

Bolid Gold Cuff Links, plain or engine turned; particu-larly adapted for soft shirts.

\$6.00

C. R. Smith& Son

MARKET STREET AT 18TH

The merits of the ice treatment are such s. Do not wear cloth suits on a train. If there is a vestige of a stain on them the train dust will bring it out. Dark colored sitks made simply, without high collars, or much trimming are the most comfortable and most serviceable of all

ACE TO

25

Is thick and besides furnishes easily di-gested nourishment, which tends to keep the bowels in good condition, while milk does not. May I hear from C. E. B. through the Corner, if this proves success-ful? Do not be afraid to give your baby tastes of various things. I mean a small square cracker and a bread crust once in a while. These do not hust him and hust

while. These do not hurt him and baby enjoys them. Put a bit of sait into the gruel and be careful about sweetening the milk. MOTHER.

is thick and besides furnishes

Books for the Blind

"Some time ago inquiry was made in the Corner concerning books for blind readthe Corner concerning books for blind read-ers. I have just received a catalogue from the free circulating library for the blind by John Ashurst, librarian, department for the blind of the Free Library of Philadel-phia. The books with embossed type are sent and returned by mail free of postage franks for the Government to any blind reader in the United States unable to bor-cow books from a heaver library. Post-

row books from a nearer library. Books from this library have enabled an old woman who became blind at 70 years to learn to read with her fingers and pass many pleasant, otherwise lonely, hours. I this information is not too late to benefit to your blind inquirer. J. I hope to be of J. B."

To Make Smooth Fudge

"To make fudge as smooth as velvet, take from the fire every five minutes and take from the fire every five minutes and beat vigorously, then replace. After the final beating, which should be vigorous, you will find your candy delicious. A recipe for kraut candy: Three cups of white sugar, one cup of glucose or table sirup, water to dissolve the same. Cook to 500 degrees Fahrenheit, or until it breaks like glass. Now add all the slices of coccanut, not shredded, that you can stir in, priok with two forks, and drop upon a sheet of well-greased tin. "CORNERITIE." "CORNERITE."

When You Cook Peas

Shelling fresh green peas is a lot of ouble, and an unnecessary trouble the cook can wash the pods and put them unshelled on the fire in a pot to boil. The heat causes the peas to split open, and the peas come up to the top anyway.

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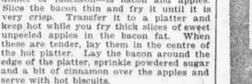
whipped cream over them. Serve with a strawberry on the top. allowing three tablespoons of catment to a quart of boiling water and let all boil briskly for about half an hour. Then add Pincapple marmalade is an English dish.

Pare and remove the eyes from the pine-apples; cut in small cubes and shred with enough water to make a quart. The grue a silver fork; weigh the fruit and place two-thirds of its weight of granulated sugar in the lower part of a moderate oven. Cook the placepple in an uncov-ered pan until it is reduced, then add the julce of a lemon to each pound of the fruit, add the hot sugar, boil five or six minutes, fill jelly glasses, and when it is cool fill with the mixture. Thin peelings of the lemon skin add the marmalade flavor if desired.

Pineapple custard is another favorit dessert. Cut a pincapple with a silver fork, or shred it into small pieces. Add a cup-ful of sugar, and set on the ice. Make a good bolled custard, pour it over the pine-apple. Make a meringue of the whites of the eggs. Cover the top of the pineapple with this and brown delicately. Chill, and sprinkle grated almonds over the top.

### New to Northern Palates

Bell Phone, Market 3741 Keystone Phone, Main 1783 A good old Southern dish-for breakfast, Look for the "Merifoll" wrapper-air-tight, dust- and odor-proof-at your grocers. or luncheon-is bacon and apples





## BUTTER

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