HOUSEHOLD HINTS

Lunches for the Business Girl WHAT shall the business woman who must buy her lunch outside eat? True, many girls can take a lunch from home and have quite as good a meal as though were a luncheon at home. But there are so many well-conducted eating places, with tow-priced bills of fare, that it is quite possible to select a well-balanced, nutritious meal even if you de have to "eat outside."

meal even if you de have to "cat outside."

It is often jestingly remarked that all a business girl wants for lunch is "loe cream and a walk." Both of these are exceedingly wholesome accompaniments for a meal, but they are not sufficiently substantial to sustain you during a long afternoon when you expect to do much work. And it is equally true of another popular, quickly eaten item—soup. A good vegitable soup or bouillon is wholesome, but remember, it is simply a stimulus to appetite, and while it may "fill you up" because of its large water content, it does not really nourish.

on treally nourish.

On the other hand, a generous bowl of dram soup with plenty of good bread and hutter makes a satisfying meal. The basis of cream soup is milk, and milk is a food, not a drink.

If you do vigorous manual work in a shop, or walk around a good deal outdoors, then you need the muscle builders for your pusch—the so-called "protoids"—meat or beans, peas, eggs, cheese, fish, nuts. That does not mean that you don't need anything else. The woman who uses her muscles needs more of these foods than the woman who does no manual labor, but remains in one position at work in the office or store. She needs, on the other hand, or store. She needs, on the other hand, less of the proteids and more of the energy builders, the starches, sugars and fats. Here are suggestions for six lunch menus which can usually be obtained at -dishes which can unt ordinary eating places:

Oyster stew
Custard Baked apple
Spaghetti
Layer cake Sliced oranges
Vegetable soup Cheese Sandwich
Chocolate Cornatarch
Cream of corn for other cream soup)
Tomato salad Apple pie
Baked beans
Cold slaw Lemonade Cold slaw Lemonade
Egg sandwich
Rice and milk Cocoa

It is easy for you to select from the billof fare the foods which are most nutritious. A meal, to be properly "balanced," should consist of a proteid (egg. meat, peas, beans cheese), a starch (rice, potatoes, corn), some mineral matter (contained in salad or fruits) and some sweet. Whether you should have much of the meat and less of the starch depends, as explained above, on whether your work is outdoor and mus-cular or indoor and sedentary. The out-door worker needs more of the proteids and less of the starches, and the indoor rker needs less of the proteids and more

If you have meat, prefer it broiled or reasted in one distinguishable piece. Stews and orequettes are not always above sus-picton. Do not take fried foods often and don't depend on ice cream alone. If you want it for lunch, have another substantial

WELL-DRESSED GIRL'S DIARY



Smart black velvet turban with

Making a "Just-Right" Turban and

Fur-Trimmed Veil 'VE fallen from my high place in the affection of the worthy president of our Missionary Society. Never again will I be considered Miss Temple's "good Man Friday," all on account of a hat and veil.

Miss Temple was asked to take charge of the Millinery booth at our baxaar. She appointed me, with nine others, to help her trim and sell the hats.

We canvassed the shops and had enough

materials given to us to trim a hundred or more hata. Then we met mornings in the guildroom and worked like bees for the

Each girl submitted designs for ten hats to Miss Temple for her criticism. The moment she clapped her eyes on mine she said: "My dear, these hats are too extreme. No one would ever buy them. You will have to get up something more conservative."

I tried to convince her that because peo-I tried to convince her that because people wanted something out of the ordinary my hats would sell "like hot cakes," but she insisted that "they" would be a "dead loss to the booth." Then I told her that if any of the hats were left I'd buy them.
She said in that event I could go ahead and make them, but I'd find that her judg-

ment was right. The designs for my hats were original, and when I had them all finished they were certainly a collection to be proud of.

Miss Temple found fault again when she saw the prices I had marked on the hats, saying that no sensible person would pay so

much for millinery sold at a bazaar. I simply told her to "wait and see." She took a particular dislike to a little black velvet turban for which I had made a circular well trimmed with narrow bands of beaver. I considered it the smartest model of the ten. It is a little skull cap

turban with a headband of black veivet and a crown of black net.

To make the headband I used a plece of buckram—the kind that is moderately stiff—and fitted it to the head. Then I sour-and fitted it to the head. Then I sovered it smoothly with black relvet. For the crown I used black net shirred over two cords an inch and a haif apart. After carefully pinning it to the velvet headband I sawed it in place. I lined both the crown and band with black taffets.

It was a very simple matter to make the veil. I first cut out a large circular place of black are large account to extend

sies of black net, large enough to extend piece of black net, large enough to extend over the shoulders when it is adjusted on the hat. The edge is bordered with three carrow bands of beaver, also an inch and a half apart. I found that I had to baste each band to the net first in order to keep them exactly straight.

Even when Miss Temple saw the turban and veil on pretty Janet Thompson she would not acknowledge that it was becoming.

she was ready to "bite nalls" when stun-ning little Mrs. Jack Helden bought the turban and veil. It was our first sale be-

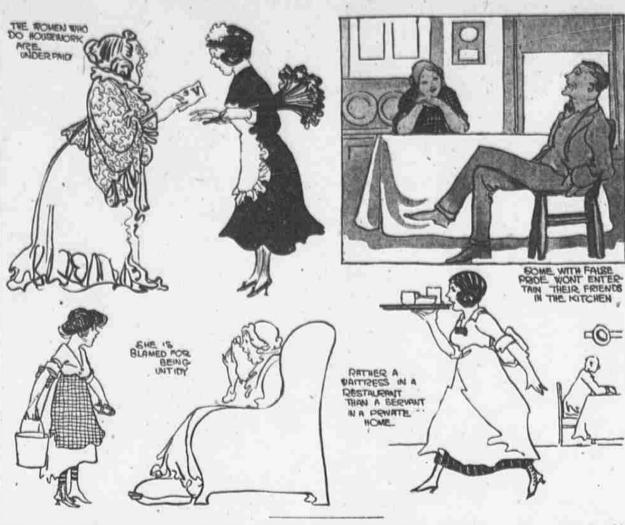
Before the afternoon was half-over every one of my hate was gone and the very ones that Miss Temple had considered "most palable" were still on the stands. This is broof that the woman who knows how to dress is always attracted by the unusual. (Copyright)

Order Some Today Deerfoot Farm Sausage

Be sure you get "Desrisot"

The genuine at Southborough, Mass.

EXPERIENCED HOUSEWORKERS TELL HOW GOOD SERVANTS MAY BE HELD



pensable in Varied Ways Entitled to Better Pay and a Larger Measure of Freedom

This is the fourth of a series of articles on the problem of the domestic worker, in which the facts of the problem, together with its causes, are dis-

THE women who cook, scrub, launder and dust do not receive enough money for

heir services. That, according to two women who have undergone personal experience with the do-mestic employe problem, is the cause of the acute scarcity of houseworkers, the supply

of which disappeared with the outbreak of the war and the end of immigration.

The one, Miss Mary McGough, a cook of twenty years' service, has passed the half-century mark as the director of the menus of various families and will continue to act in that capacity as long as she can com-mand the salary to which she believes she is estitled. The other Miss Myttle Powers. mand the salary to which sale of the control is entitled. The other, Miss Myrtle Powers, a young woman, after five years' experience as a cook and general houseworker, has changed her vocation for a position yielding more money and will not return to housework unless it offers a corresponding

sum.

The prevailing figures of \$6 and \$7 a week, with board and room, for cooks is too low, according to Miss McGough, who named \$9, \$10 and more as a just salary. The usual figures of \$4, \$5 and \$6 for general houseworkers is too small, according to Miss Powers, who named \$3 and \$9 as a just salary.

gone up faster.

"A cook should get \$9 or \$10 a week, or more, with board and room. Because I know that I can get that much I wouldn't take a position for less, unless it was with a small family. For example, \$1 a week for cooking for a family of four would be just. But housekeepers don't like to pay it.

"If girls were paid more there would be less trouble in getting them and there wouldn't be so much complaint about the life of a houseworker. They would be willing to do the work."

(o the girl's schedule and muddle up her work, and then blame her for not making a good appearance. It's hard enough to be idly when you're over a hot stove-or on the floor scrubbing."

The long hours are a source of complaint among servant girls, Miss Powers said. There is no law that protects them, as it does girl workers in factories and large extablishments like hotels and restaurants. They are on duty from dawn to dusk. Custom, not law, has decreed when the girl ing to do the work."

ng to do the work." ENTERTAINING IN KITCHEN

ENTERTAINING IN KITCHEN
Housework girls themselves are to blame
in part for their dissatisfaction, she continues. Many of them have a false pride
which prevents them from entertaining men
friends in the kitchen, she explained in a
motherly way, and others, to escape the
monotony of their lives, keep late hours
at night and make themselves ill.

"If the kitchen is tidy and in order there
can't be any objection to receiving callers
in the kitchen," said Miss McGough, "But
the girls nowadays don't seem to think
that way. They meet their friends outside
and want to go to shows and stay out
late. Then they don't get enough sleep
and it makes them sick. They can't do
their work properly."

Miss McGough had no objection to a girl
changing her position.

Alies McCough and to changing her position.

"It is a good thing to keep moving," she said. "By cooking for one family and then for another a girl becomes a better cook. She learns different ways of cooking from the families she works for. There is always something to be learned and you can't find it out in one place." find it out in one place."

Miss McGough's longest period in one

home was alk years. Among her former employers were Mrs. Otis Skinner, wife of the actor, of Bryn Mawr, and the Misses Cadwallader, at Pocono Pines. Of the mistress' temper, the bugaboo of



lem-but a pleasure-

Some have the knack of making inferior food taste well-

Others won't take a chance - they order Bradley's.

For Comparison Legs of Lamb, 25c lb. Lamb Chops, 32c lb.

Bradley Market

and 21st Streets

Phone Services Locard 70 Since 1100



Woman Who Cooks, Scrubs, Launders, Dusts and Makes Herself Indis-

can't complain about how I was treated."
she said. Perhaps it was because she "baked the grandest bread you ever put into your mouth" and because, according to a Walnut street physician, her bread was bet-

> NO COMPLAINT OF TREATMENT Miss Powers, who lives at 635 North

"I haven't any complaints to make about the way I was treated," she said. "My objection to general housework, which in-cludes cooking, is that there isn't enough money in it to pay for the long hours and the lack of real enjoyment. I will never return to it unless I am paid \$8 or \$9 a week, with my board and room."

She explained in detail the services required of a general housework girl, which are divided into cooking, serving, washing. ironing, sweeping, making the beds, scrub-bing, dusting and answering the bells."
"It's a little bit of everything" she sald. "And when it's all over where is your

usual figures of \$4, \$5 and \$6 for general houseworkers is too small, according to Miss Powers, who named \$8 and \$9 as a just salary.

"The low wages cause the scarcity of good cooks," said Miss McGough, who lives at 4426 Parrish street. "That is the answer. swer.

"It is true that employers are playing a little more now than they did when I first went into service, but the increase has not been enough because the cost of living has gone up faster.

and arranges them so that they don't interfere with one another. For instance, it is always better to do the heavy work, like scrubbing, in the forenoon, so as to be neat in the afternoon when callers come.

Some mistresses don't pay any arranges them so that they don't interfere with one another. For instance, it is always better to do the heavy work, like scrubbing, in the forenoon, so as to be neat in the afternoon when callers come. Some mistresses don't pay any attention to the girl's schedule and muddle up her work, and then blame her for not making

does girl workers in factories and large establishments like hotels and restaurants. They are on duty from dawn to dusk. Cus-tom, not law, has decreed when the girl shall have her time "off." In the country and suburbs the spare time which a domes-tic enjoys is somewhat greater than that of the city maid. The general rule is a full day every month and a half-day every other Sunday for freedom. In some homes the liberty periods are lengthened; in others they are absortant. There's the rule

others they are shortened. There's the rub. Receptions and afternoon teas, especially when the hostess is inexperienced, try the

many servant girls, Miss McGough said she patience of the maid. Miss Powers said. Then it is that nerves jangle and crasp.
"I never had any trouble that way and can't complain about how I was treated." the fact that domestics often happen into homes where they are treated most kindly. I'd rather be a restaurant waltress." concluded Miss Powers. "Unless, of course, it was made worth my while."

EARLE STORE EMPLOYES DINE

Buyers and Managers' Club Holds First Annual Banquet

The first annual entertainment and dance of the Buyers and Managers' Club of the Earle Store was held in Mercantile Hall, Broad and Master streets, last night. One of the features of the evening was the in-auguration of the Employes' Beneficial

Association.

The entertainment committee included H.
L. Winfield, chairman; Miss M. Rooney,
Miss I. Weinberg, Mrs. A. Truitt, W. J.
Breen, J. Martin and H. T. Uhler, while
the reception committee was composed of
Miss R. Blits, Mrs. K. Hurst, Miss L.
Lowenthal, Miss A. Mille, L. Gillingham, A.
Kahn, A. Lewis and L. Wear. The officers
of the association are: M. Getz, president;
Mrs. T. Morris, vice president; H. Feigenhaum, secretary; Miss E. Linden, assistant
secretary; W. R. Benson, treasurer, and
members of the executive board, C. B. Etter, Miss A. Rosenberg and H. Rambo. ter, Miss A. Rosenberg and H. Rambo

NEW YORK, Nov. 16.—The high cost of chickens in New York has been reduced by seven cents a pound as a result of the voluntary dissolution of the so-called poul-try trust. This was announced here today at the District Attorney's office, which investigated the recent jump in prices and threatened prosecutions under the State and anti-trust law.



- CO

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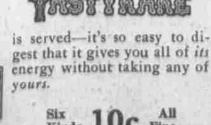
For Evening-Very Dressy Garments in Nets, Georgette Crepes and Charmeuse

Waists-A full line of Plain and Fancy Waists, Tailored, Georgette and

Silk\$6.75 to \$24.50 New Models in the Order Department

Millinery Gowns

No "indigestion grouches" where



Kinds 10c Fine

The Cake That Made Mother Stop Baking'

EXERCISE WITH MEDICINE BALL IF YOU'D BEAUTIFY YOUR BODY

By LUCREZIA BORI Prima Donna of the Metropolitan Opera Company

THE value of exercising by tossing a medicine ball has fong been recognized in the symnasium, but few people know how worth while it is to have one in the home. Proper exercise with the medicine hall brings every muscle into action and thereby benefits the entire system.

Daily exercise is necessary to keep your stock of energy up to par and to drive that "tired feeling" away. Not only is the bedy developed by systematic exercise, but the brain is also benefited by becoming more

brain is also benefited by becoming more active. The woman who desires to obtain will find the tossing of a medicine ball one of the best all-round exercises in which she can indulge.

At the very beginning it is advisable to

Impress upon your mind the importance of wearing loose ciothing while going through exercises of any description. Wear a middy blouse and bloomers or a short Be sure to wear shoes with low heels and exercise in the open air or in a well-ventilated room. The morning is the best time, and before beginning the more strenuous exercises of tossing the ball practice deep breathing for five or ten minutes.
As a corrective for round shoulders there is nothing better than the movement where the ball is grasped firmly with both hands, the ball is grasped firmly with both hands, raised above the head and tossed to one's partner. If it is impossible to find some one willing to share your exercises, throw the ball against a wall or the side of the house and it will rebound. Another benefit derived from this particular exercise is the development of the cheet and lungs. In answer to repeated requests, "How can I make my arms plump and well-shaped?" I have recommended the use of cooos butter. Quicker results however. cocoa butter. Quicker results, however, will be obtained if exercise is taken in connection with the massage treatment. There is none better than the following:

Stand erect and hold the medicine ball with both hands above your head. Throw it to the floor and as it rebounds bat it back, first with one hand and then with the other. Use the whole arm with a free swing from the shoulder to do this. You may not be able to repeat this movement arm of the state of the same than the same very often at first, on account of the mus-cles of the arms and shoulders becoming tired, but as you grow accustemed to exer-cising and your muscles "harden up" you will be able to increase the number of

I know that many of my readers have sedentary occupations which encourage the hips to grow large. The present-day style and the standard of physical beauty will not countenance this. Work off the superfluous fat about your hips by bending over and rolling the ball between your feet back to rour partner. Straighten up and bend again to receive the return ball. This constant straightening and bending will in time do much to restore your hips to their

normal size.

Now stand straight, with your back to your partner or the wall, and, grasping the ball with both hands, throw it over your Michel, organ, and East Kneled, own William R. Thunder will be the accompanion of the program includes hany well-knelections by Schubert, Schumann, Sira. Pinsuti, Morgan, Popper's "Hungs Rhapsody" and Rossini's "Inflamenta from the "Stabat Mater."

\$50,000 for German Red Cross BERLIN, Nov. 16.—The German Hed Crees and the Association of Patrictis Ladies have received 200,000 marks from the United States relief committies for the families of German soldiers, the Overses

News Agency says.



Quality and Standard Famous Over Half Century The New Grey Salon

Ready-to-Wear Department

"Advertising is the voice of a husiness. No business can endure whose voice utters less than the truth." This business was founded in 1858-it has "endured" over half century.

Fetching Fashionable Evening Wraps 42.50 and 45.00

Never were evening wraps more dominatingly the vogue. Never were there such beautiful materials and designs, at such little prices. These Velour Plush wraps are very modish and effective. Full silk lined and interlined. Deep cuffs and shoulder-to-shoulder collar of Moufflon. Others trimmed with broad, deep cuffs and collar of Marabou; a double fold around bottom. Castor, Copenhagen, Purple, Navy, Dark Rose and Russian Green.

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At All Our Stores Where Quality Counts

Low Prices Prevail

New Addition to "The House That Quality Built"

Three years ago, when we built our Big Warehouse, "The House That Quality Built," we nsidered it large enough to hold sufficient goods to supply but thanks to the good judgment and increased patronage of the housekeepers of Philadelphia and suburbs, this big warehouse has been crowded to overflowing, and we were obliged to build a new addition. This addition is almost completed, and we will now be better able to meet the requirements of our rapidly increasing business than ever before.

We take this opportunity of thanking both our loyal patrons and our loyal employes who have made this new addition necessary, and it will be our policy in the future, as in the past, to give a full hundred cents' worth of value for every dollar spent in "Our Stores."

Choice California PRUNES LB. 12c

Prunes are a very healthful fruit, because of their mild, natural laxative propensities; also very economical. Here we offer Choice New California Prunes of good size and delicious flavor at a money-saving price.
It Pays to Buy Dried Fruits Where Quality Counts.

GREAT 3 for 10c SALE

We have prepared a stock of fresh goods at money-saving prices for this Great 3 for 10c Sale. Read over this advertisement carefully, check off the items you want and come to any of Our Stores and get a supply of

Full pound package good Cornstarch at a moneysaving price. Three 4c Pkgs. for 10c BEST NOODLES

Fine quality Noodles, the kind you use for soups, etc. Three 5c cakes SWEET CHOCOLATE for 10c Wholesome and nourishing. Three 5c cakes for the price of two.

GOLD SEAL SPICES 'or 10c Three 4c cans Gold Seal Spices are pure-your choice of seven different kinds. FINE TABLE SALT Three 5c bage An unusually low price for this fine Table Salt.

> GOLD SEAL TEA BLACK, MIXED or ASSAM

в. 45с 1/2-lb. pkg. 23c 1/4-lb. pkg. 12c Gold Seal is the Tea for particular people, who know and appreciate Tea quality. Yes, Gold Seal Tea has strength, quality and flavor. Your choice of Black, Mixed or Assam.

KAMELIA TEA 1b. 29c

Three 5c Pkgs. GOOD CORN STARCH for 10c | Three 4c rolls GOOD TOILET PAPER for 10c A big bargain in this good quality Toilet Paper. Three 4c cana LIGHTHOUSE CLEANSER for 10c A very popular Cleanser at a money-saving price. Three 5c cakes KIRKMANS WHITE SOAP for 10c

Fine quality, pure, White Floating Soap, for toilet Three 4c bots. GOLD SEAL BLUE for 10c High quality Blue-guaranteed not to streak the clothes.

Three 4c bots. R. & C. AMMONIA for 10c Better than sold in many stores for more than ou regular price.

> R. & C. BEST BLEND COFFEE в. 30c

Let your morning cup of Coffee be R. & C. Best Blend. Its rich, mellow flavor and delightful aroma will bring a feeling of satisfaction that will linger throughout the day. R. & C. Best Blend is "The Connoisseur's" Coffee.

Robford Blend COFFEE lb. 20c

GOLD SEAL BREAD loaf 5c

A hearth-baked Vienna loaf of the finest quality; the ideal bread from the standpoint of quality and economy. It Pays to Buy Bread Where Quality Counts.

The time you spend in reading our announcements and the money you spend at "Our Stores" are both well invested. They bring Dividends in Satisfaction and Saving.

Robinson & Crawford The Stores Where Quality Counts Throughout the City and Suburha