BUTTERMILK, A BENEFICIAL FOOD AND COSMETIC

By LUCREZIA BORI Prims Donna of the Metropolitan Opera

SOME three months ago a friend interested in the subject of self-improvement and what normal woman is not—asked me at buttermilk as a beautifier. She said she desired to test its virtues. I gave her detailed instructions regarding the buttermilk treatment which she followed "to the letter." It has



made such a marvel-ous improvement in her complexion that she begged me to tel my other reade about it. Buttermi is well known as r readers Buttermilk Fiendth ful but in addition to being beneficial to the beverage LUCREZIA BORI for the complexion.
It should be taken as freely as water, and the result will be a clear, transparent skin.

THE PRICE OF NEGLECT

THE PRICE OF NEGLECT
In my opinion no household is complete without buttermilk. It is highly nutritive, asily diseated, and most refreshing. As a food and cosmetic it is beneficial at all mesons of the year, but particularly destrable during warm weather.

Never be in a hurry about drinking buttermilk; sip it slowly and refill the glass if you feel that you can drink more.

As a cosmetic, use the buttermilk as you would water. It is inexpensive, a fact not to be overlooked, and you need not feel that yes should be sparing of it. Some prefer to dilute it with water, but I like it better in its pure state. Pour the buttermilk into a basin and sop the face, throat and chest thoroughly, using a soft cloth. Never uses in conjunction with the milk; it is unnecessary. But the skin so that the peres are freed from dust and greage. Then bathe the face with warm water to which about a teampoonful of powdered borax has been added. Fresh buttermilk is then patted on the skin. This is allowed to dry. The most unpleasant feature of buttermilk is the odor, which, I am frank to state.

has been added. Fresh buttermilk is then patted on the skin. This is allowed to dry. The most unpleasant feature of buttermilk is its odor, which. I am frank to state, is not agreeable. Nevertheless, its invaluable bleaching and refining qualities far effect this undesirable feature.

Buttermilk is an excellent bleach for a tanned or freckled skin, and is soothing in cases of sunburn. In cases of tan or reckles it must be applied to the skin frequently during the day and the last thing before retiring. Always allow it to dry into the skin. In cases of sunburn keep strips of antiseptic gauze saturated with the buttermilk wrapped about the arms, and lay cloths wet with the liquid over the face. Do not allow them to remain on the skin until dry, but change frequently. You will find this remedy soothing and cooling, and your skin, when the inflammation has contracted, will be as soft and white as it was before being sunburned. Water must not be applied at any time while the skin is inclined to sting or smart; substitute buttermilk, a soothing oil or cold cream.

Keep a generous supply of buttermilk on hand. Drink three of four glasses every stay, and use it on the skin as extravagantday, and use it on the skin as extravagant-y as you would water. The increased love-liness of your skin will attest its beautify-

TODAY'S FASHION



A smart trot-about frock of blue

ALMOST ecclesiastical in its severity of style is this one-piece frock of dark blus serge. Fipings of red broadcloth, however, relieve its somberness, and the same material is used for the hips. The freek closes down the center of the panel front with dark blue bone buttons. The sker he with the control of the panel front with dark blue bone buttons. skirt is paited at the sides, and a narrow balt confines the fullness across the back and sides.

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Brand-New Babies

The Evening Ledger will print, free of tharse, notices of recent births sent in threath proper channels. Address "Brandser Babbes." Evening Ledger, 506 Chestout prest. Name and uddress and, when possible telephone number of sender must accompany each notice so sent.

ABET, Mr. and Mrs. Joseph, 1510 South Birth street, a daughter. BADER, Mr. and Mrs. Morris, 569 North American street, a son.

MAINES, Mr. and Mrs. Edmund E., 158
West Estaugh street, a daughter, Florsuce Margaretta.

REUH, Mr. and Mrs. Herman, 934 North

Pranklin street, a son.

LEBOWITCH, Mr. and Mrs. Isadore, 897
North Fifth street, a daughter.

VAUCLAIN, Mr. and Mrs. Jacques L., 1825
Spruce street, a son, Jacques L. Vauclain, dr.

Edge Hill Pastor Resigns The resignation of the Rev. Joseph B. C. seeks, pastor of the Carmel Preshyterian furch, of Edge Hill, was announced by pastor personally at last night's service, a has accepted the pastorate of the First resbyterian Church at Haddonfield, N. J.

ELYSIA FOR YOU WHO BREATHE ARIGHT, IS MADAME'S PLEDGE



MME, PILAR MORIN

New Century Club Learns the Joy and Delight of the Pilar Morin Waved Wing Clavier Attained in Breath and Speech Control

Before her lecture Madame told me the story of her discovery.

"When I was a little girl," she said in

Even in pantomime and the silent drama, Madame declared, the breath is supreme, because it is life. But it must be con-

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like it.

CONTROL is the word. It ence was audience who permitted herself to be ex"preparedness"; and before that "emperimented upon, who allowed Madame to
tickle her in the ribs and manipulate her ciency;" and before that "culture," but to be cultured, to be efficient, to be prepared is old-fashioned now. Are you controlled? The latest is breath control. Mirth con

trel, girth control, birth control theorists have expounded their views and left us gasping. Madame Pilar Morin is here to provide us with breath. But it must be controlled. It is not so much a matter of tiquette as of life itself.

etiquette as of life itself.

If you would have dynamic force, you must sniff the ozone as you would a blossoming rose; you must throw back your head and send out mental wavelets, elevationally and and send out mental wavelets, elevations. ing your diaphragm meanwhile and agitat-ing a nostril, from which if you are a successful breath controller, you will in

time become an adept.

Before a select and interested audience at the New Century Club this exponent of scientific respiration demonstrated with a blue print that the breath had more degrees blue print that the breath had more degrees than the past grand master of the Masons. Breath is power, she declared, and by the scientific use of it the brain of an idiot can be vitalized and the lungs of a consumptive made whole. But few persons get beyond

made whole. But lew persons get seyons the second or third degree; hence few persons are powerful.

In a costume somewhat approximating Maria Gay's in "Carmen" and Flora Revalles' in "Cleopatra," and by the use of a chart somewhat resembling a cross between a banjo and an oyster, Madame told the members of the club that pathing in tween a hanjo and an oyser, and an entry
the members of the club that nothing in
the way of charm or vital force would be
denied to them did they but see the value
of her scientific discovery, which she calls
"The Pilar Morin Waved Wing Clavier for
Breath and Speech Control."

"Breathing is the science of life. Do not have a negative breath," she told her au-

And then with a gracious tilt of her head and a little wave of her hand, as though to corporealize the mental and breath wave-let she was taking, Madame Filar Morin demonstrated how very much more cour-teously and charmingly a guest might be greeted by a hostess who had her breath up greeted by a nostess who had her breath up in her head than by one who merely had it down in her chest in the regular way. It is difficult to understand. Madame admits it herself. Very difficult to lecture about, too, she declared. A member of the



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THANKSGIVING TURKEY IN LAP OF THE GODS

Higher Prices for Monarch of Holiday Feast Expected to Rule

DEALERS IN THE DARK

Decline to Predict, But Venture 38 Cents a Pound as Probable Quotation

The Thanksgiving turkey is in the lap of the gods. That is, the turkey situation hangs fire, decidedly unsettled, with guesses that predict turkey meat at thirty-five and thirty-eight cents a pound.

It is pure conjecture. Dealers, put on the defensive by a volley of questions as to what is going to be what in turkeydom when it becomes time to buy the Thanksgiving dinner, plead as follows:
"Ask me rather if it will rain next
June 17."

Turkey meat now is sold for between thirty and thirty-three cents wholesale and thirty-five and thirty-eight cents retail, with the lower figures predominating. Dealers agreed that these prices, with the higher figures prevailing, will remain for the Thanksgiving market—perhaps.

Buyers for Philadelphia today are rounding up their purchases in Virginia, Mary-

ing up their purchases in Virginia, Maryland, Delaware and the West, scouring the countryside for the gobblers and often-times riding for miles cross-country through the turkey-farm districts. When the buyers report on the number and condition of the turkeys more light will be thrown

SIGNS POINT TO HIGH PRICES. Unless all signs fail, however, the price will be several cents higher than hast year's, it was said. The wholesale price this fall reaches up and almost equals the high mark set by the retail dealers last January when turkeys were exceedingly scarce. The rate then was thirty-five cents a pound for the

"It is difficult to predict just how the Thanksgiving turkey market will stand, said H. C. Gerhart, veteran poultry dealer, "But I believe it will be firm. The supply. "But I believe it will be firm. The supply, which with the demand regulates the price, will depend upon the West. Nearby turkeys are scarce, the farmers say. If this cold spell lasts long enough to condition the turkeys, which I doubt, the supply will be fair. But even at that, I'm inclined to think that the market will not drop much. And because the householder will not pay the fairs price comparatively more turket. the fancy price, comparatively more turkey will be caten in hotels and restaurants."

The high price will check the demand, according to the view at John Haag & Co. NEXT WEEK TO TELL TALE

disphragm, did much to make the breath control theories clear to those present. But even at that there were some who went away with only hazy notions as to how they were to control their breath, despite the fact that Madame gave several monologues and a silent drama further to clucidate her method. "What people are going to pay for Thanksgiving turkeys can't be told until the middle or end of next week," it was said. "But it stands to reason that the average man isn't going to pay \$3.80 for a tenpound gobbler. Of course, there are twenty-six-cent turkeys, but they're little more six-cent turkeys, but they're little more than framework.

"When I was a little girl," she said in fluent English, although she is a Spaniard who was brought up in Paris, "there came to our home in Spain a very wonderful toy—a horse. It was made in Philadelphia, too, by the way. For that day it was a very marvelous horse. It did everything but speak. I thought that such a horse ought to speak and so my little brother and I cut a little silt in his chest and every night we would try and breathe some speech into him. Nothing happened and my little brother gave up, but I didn't. Since a very early age the breath has been very wonderful to me, and when I went on the stage in Paris at the age of fourteen and later at Brussels at fifteen as a pantomimist, the critics were unanimous in their praise. But they said I had something which no one else had. They did not know what it was. But I found out after a great deal of pain and study. It was breath."

Even in pantomime and the silent drams, "We understand that this was a dry year, a good 'turkey' year. But so far they've been pretty scarce. Lots of farmers killed off all their birds to get the fancy prices last winter and they couldn't afford to keep

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5-lb. Bag GOLD SEAL FLOUR, 28c

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THE CHEERFUL CHERUB

We yearn and yearn to feel life more But wasted hopes the years all bring. And yet were eager as before

Oh, isn't life the grand ! print bec

and other feed. It looks like we'll eat more chicken this Thanksgiving than last year. chicken market is very brisk, the fowls ranging in price from twenty-two to twenty-eight cents a pound, according to the grade. Housekeepers also find encour-agement in the abundance of cranberries from New Jersey and Cape Cod, which are selling for eight and ten cents a quart. A plump roceter, fattened for killing and dis-guised with cranberry sauce, they argue, can with ease masquerade as a gobbler.

GO TO SHORE, BECOME BRIDES

Two Young Women Meet Fiances on Ferryboat and Wed

Miss Mas Ukers, daughter of Mr. and Mrs. George L. Ukers, 149 East Duval street, and her cousin, Miss Laura Hergesstreet, and her cousin, Miss Laura Herges-heimer, daughter of Mr. and Mrs. Albert Hergesheimer, of Golf Dairy Farms, ad-joining the Philadelphia Cricket Club, were on a ferryboat, bound for Atlantic City, Saturday, when they met Harry P. Gatter, manager of the Security and Loan Com-pany of Germantown. As a result of that meeting they both are gow brides, on their honeymoon in Atlantic City. Gatter had said to Miss Ukers that her trin to the shore outsit to he as honeymoon.

trip to the shore ought to be a honeymoon and after some argument sobut "what would be done with Laura." Frodeus Cleaver, said to have been engaged secretly to Miss Hergesheimer, was telephoned to and later met in Philadelphia. The Rev. A. D. Geist, 989 North Fifth street, arranged matters so that they could go to Atlantic City as Mr. and Mrs. Gatter and Mr. and Mrs. Cleaver, They will be back in a week and welcomed by the City. DUTCH IDEALS IN ART

C. W. Coffin, Critic, Finds Thrift and Industry Emphasized in Holland's Paintings

The "Dutch Masters" were discussed at an illustrated lecture yesterday afternoon by Charles W. Coffin, art critic, before the Socialist Literary Society in the South Broad Street Theater.

The ideals of Holland, according to Mr. Coffin, are characterized in her art. "Her masters," he said, "have not made war the motif of their paintings, despite the fact that their country had its period of stren-

uous turmell. In gastar upon the works of these men one feels that an effort has been made to set forth ideals of thrift and

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tected both as regards Quality and Price. Robinson & Crawford

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