

**THE GOOD HEALTH QUESTION BOX**

By JOHN HARVEY KELLOGG, M. D., LL.D.

In answer to health questions, Doctor Kellogg in this space will daily give advice on preventive medicine, but in no case will he take the risk of making diagnosis or prescribing for ailments requiring surgical treatment or drugs.

**Scientific Living**

WE AIM to conduct our business on correct scientific principles.

We run our automobiles scientifically. We buy the best gasoline; we keep our machines properly oiled and a good supply of water in the radiator. We don't try to make an automobile do the work of a coal cart or a threshing machine. A man who owns a fine car takes good care of it, hires an expert chauffeur to run it, and an expert machinist to look it over now and then to make sure that it isn't getting loose in the joints or losing its efficiency.

We feed our horses, cows, pigs, chickens and poodle dogs scientifically. Why not treat ourselves as well? Because we don't know how. We have found out by study, observation and laboratory research what is good for domestic animals and automobiles; but ourselves we have neglected to study.

The president of a State dairymen's association said to the writer the other day, "I know all about how to feed cows so as to make them give the most milk and how to feed horses so as to get the most work out of them, but I confess I don't know a thing about how to feed myself or my children."

This man, a scientific dairyman, owns one of the finest herds in his State and can speak with intelligence and authority on any question pertaining to the dairy business; but, concerning the "science of human life," he confesses lamentable ignorance.

We have been so busy cultivating thrift and efficiency in business and in trying to find out what is inside the earth and why the people of Mars are digging canals, and how fast the stars are traveling and how to get on in the world and how to climb a notch higher in civilization and culture that we have forgotten to look after our most important personal interests.

First of all, before we can achieve anything, we must be good animals. To be a good human animal does not mean to be a moral brute, but to have a good stomach to support your brain and muscles just as does a horse, and just as a horseless vehicle has a good carburetor.

A horse knows what to eat. Turn him loose and he will select the kinds of grasses and twigs that are good for him. He has an instinct—a "horse sense"—that serves him as an unerring guide in the selection of his food.

Man has lost his "horse sense." He has so long abused his sense of taste that it is no longer a safe guide, and having no instinct to guide him man undertakes to eat everything that any animal eats. In consequence, dyspepsia is universal. A man who eats a chronic ailment gets into the same sort of trouble as a man who feeds tar, instead of gasoline, to his automobile. His engine "balks," "misses fire," "goes dead."

Repairs are not possible so long as the cause remains. Vacations, "tonics" and surgery may afford temporary relief, but the root of the mischief remains and leads steadily on to the final collapse. Yet most chronic ailments disappear very soon when the faults which lie back of them are corrected.

Health, strength, efficiency, endurance, comfort, the capacity for enjoying life we may purchase if we will. The price is "right living."

There is today for the first time in the history of the world a "science," as well as an "art," of living. Daily this department will present in plain language the up-to-date, scientific facts relating to this science. All interested readers are asked to send in their health questions to "The Good Health Question Box," care of the "Evening Ledger." They will be answered either in this column or by personal letter.

**IN THE MOMENTS' MODES**

Her Chic Chinese Chapeau



Edna M. Davis

IT WAS inevitable, with the Oriental influence creeping out in amazing fashion everywhere, that sooner or later fair femininity should point a wishful finger at the Chinese coolie's hat and say, "Give me that." Of course, she got it, exactly as she has everything else she has coveted since time began; but what was considered good enough for the coolie had to be beautified before it might rest upon her silken tresses, so behold the result! Given a chin band that Mrs. Vernon Castle might have inspired, and having on the side two chrysanthemums made of the patent glazed beads, both scintillating and dull in finish, yet so light that a feather weighs no more, she has an odd but alluring and becoming headpiece such as the coolie never dreamed of in his philosophy.



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Blouses, Coats, Dresses, Suits, Etc.

Children's Hats 1624 Walnut Street

**Fashions for Easter**

in the Walk-Over Shops

**Boots and Pumps**

in every conceivable new fashion in dainty spring colors.

And—contrary to general impression—they're priced but little above last season's low prices.

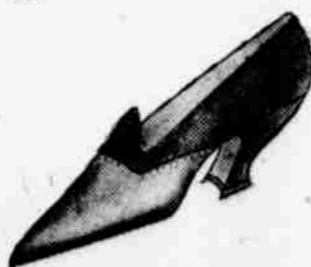
Every material and color is shown in seemingly numberless designs.

Every dictate of fashion and good taste can be gratified from the tremendous assortments.

In low shoes, thousands of the most desirable models in Black, White and Patent at \$4.50 and \$5.00.

Colored Kid, etc., of the finest material throughout. \$6.50 to \$9.00.

Shoes which will add to any costume in the Easter parade and shoes we can rely on to add another link in the chain of confidence which Philadelphia is showing these two big shops.



**The Harper Shoe Co.**  
WALK-OVER SHOPS  
1828 CHESTNUT ST. 1828 MARKET ST.

**The Right Way**

To remove bluing stains from white goods, rinse in ammonia water, one teaspoonful to a pint of water. If freshly acquired and caused by too much bluing, two or three washings without bluing usually suffices to remove all traces.

To remove cream stains from all washable goods, apply a weak solution of ammonia—one tablespoonful of ammonia to a pint of water are about the proportions.

To renovate spots made on material by lime (which does not actually stain, but spots by removing the color), wet the spots by dipping into a solution of ammonia water made by adding a tablespoonful of ammonia to each gallon of water.

For a garden to get the full benefit of the sun's rays it should run north and south.

**Roseway Shop**  
Walnut 1335-37  
Opposite Ritz-Carlton

**Jersey Suits**  
Smart looking and distinctive. All the Spring shades.  
\$29.75 to \$55.00

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Always a needed garment—of Velours, Poiret Twills and Tricotines. Remarkably good looking.  
\$29.75 to \$105

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ELEVENTH AND MARKET STREETS  
Additional Entrance from Eleventh St. Subway Station

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**Silk Jersey & Georgette Dresses**

In Spring's Loveliest and Most Enchanting Styles and Colors

Made to Sell at \$19.98, \$25.00 and \$27.50  
at **\$10.98**



NO MAIL OR PHONE ORDERS  
ALL SALES MUST BE FINAL  
NONE TO DEALERS

Women and misses who want ultra-modish, high-class frocks for the Easter parade, for dress occasions all thru the spring and summer, for street and sports wear, and for afternoon receptions, may come here Tuesday and choose to their heart's content from hundreds of the season's newest and most beautiful \$19.98 to \$27.50 Dresses at only \$10.98.

We picture three out of more than thirty distinctive models, and an important point to note is that in nearly every style there is a complete range of colors and sizes.

They are fashioned in Russian tunic, pleated, coatee and other styles that produce the straight lines approved for spring. Many have large flaring or deep pouch pockets, some are beautifully embroidered, others have Georgette collars and sleeves, long sashes and additional style-touches that are new and delightful.

**MATERIALS INCLUDE**  
Jersey Silks, Crepes Meteor, Crepes de Chine, Georgettes, Combinations of Chiffon Taffeta and Georgette, Shantung Silks, French Serges, etc.  
**ALL THE NEWEST COLORS**  
Lawn Green, Sunset Gold, French Blue, Nile, Magenta, Pearl, Dove Gray, Wine, Maize, Navy, Copen Black, etc.

FRANK & SEDER—THIRD FLOOR

**Alphabet of Housekeeping**

A new self-indexed scrapbook containing the best Authoritative Information, Formulas, Recipes and Processes Used in the Home. Clip and paste in book in consecutive form.

**ABSORBENT CANTON FLANNEL**  
This is useful to keep on hand for medical and household purposes. To make it boil the canton flannel one and one-half to two hours in a three per cent solution of caustic soda, then wash in several portions of pure water, and then remove any remaining soda by letting it lie ten or fifteen minutes in water (in china bowl) containing one and one-half per cent of hydrochloric acid; finally wash repeatedly in plenty of pure water.

**ACID, ACETIC**—Aromatic acetic acid is made by mixing four drops of oil of lavender, sixteen drops of oil of cloves, eight drops of oil of cassia, twelve grams of camphor and 150 grams of acetic acid together. After shaking shake till the camphor is dissolved. Camphorated acetic acid is made by dissolving one ounce of camphor in one ounce of alcohol, then add nine ounces of acetic acid, shake and filter.

**ACID STAINS**—Ammonia should be tried first, before washing, to restore color; if unsuccessful, apply chloroform. 2. Wet the spots and lay on them some salts of wormwood. Let this work upon the stain a few moments, then rub without using more water. 3. Vinegar, acids, sour wine, must, sour fruits—White goods, simple washing, immediately followed up by chlorine water if a fruit color accompanies the acid.

Fabrics delicately colored may be treated by making a thin paste of prepared chalk and water and applying it to the spots. 4. Pieric acid stains—according to Prieur—these are best removed from the hands or linen by rubbing them with a paste made of lithium carbonate and water.

**ADHESIVES**—(See cements, glues, mullages, pastes, etc.)  
**ALABASTER**—While benzol or pure oil of turpentine is highly recommended for cleaning these ornaments, the very best way to clean them is to immerse them for some time in milk of lime; then wash them in clean water and when dry dust them with

**THE CHEERFUL CHERUB**

The wind swept past me yesterday  
And blew my Easter hat away,  
And there it left me in the lurch—  
I'm glad it happened after church.



**PHILADELPHIA'S FINEST BUTTER**



lb. 50¢

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HY-LO BUTTER, lb. 44¢  
CA-RO BUTTER, lb. 40¢

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