

YOU GET JOY OUT OF BEING ONE OF THE DESERVING POOR? DR. KELLOGG'S DAILY HEALTH TALK-SMART FASHIONS

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Everyday Experiences the Well-to-Do Miss Because of Their Money-Alice Duer Miller Takes a Slant at the "Antis" Propaganda



Vivettes

A sort of helmet-shaped hat, with straw visor and strap, and ostrich plume sewed down tightly along the center of the hat from front to back.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper only and signed with the name of the writer.

TODAY'S INQUIRIES

- 1. What is the best way to fasten curtains when cleaning or to prevent them from blowing out of the window at night?
2. How should table linen be darned?
3. What can be substituted for a kitchen table when there is not sufficient room for the latter?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. To remove rust stains from a white dress hold the spots over a steaming kettle and wash thoroughly saturated drop lemon juice directly on the stain.
2. Spinach, green peas, mashed potatoes, boiled ham, fresh string beans, fresh lima beans or fresh asparagus may be served with roast pork.
3. Dust screens are made to fit into an open window. The frame of the screen is of wood and there are two hinges in the center. The frame is covered with a closely woven cheesecloth. In this way fresh air may enter, but no dust.

Fancy Sandwiches

To the Editor of Woman's Page: Dear Madam-Please give the directions for making several fancy sandwiches for after lunch.
These sandwiches are all suitable for tea: Honey and nut sandwiches-Shape and butter thin slices of white bread, spread lightly with honey, then with chopped nuts and press together.
Chocolate sandwiches-Put two cupfuls sugar into a saucepan, with two tablespoonfuls flour, one cupful milk, two tablespoonfuls syrup, pinch of cream of tartar, stir constantly and when thick add the two tablespoonfuls grated chocolate and a lump of butter.
Dates and nut sandwiches-Put one and a half cupfuls nut meats through a food chopper with one and half cupfuls stoned dates and enough thick cream to make it spreadable, then butter thin slices of brown bread and spread with the mixture.
Watercress and cheese-Cut thin slices of brown bread and butter them, then spread with Neufchateau cheese and place a sprig of watercress between.

Aid in Bread Making

To the Editor of Woman's Page: Dear Madam-Bread made with bran water will give more bulk than that made with plain water.
Bread made with bran water should be made in a slow fire thirty minutes. Strain and cook to a lukewarm state. Use as you would plain water when making bread. Made in this way bread is far more nutritious and the loaves will be better. (Mrs.) C. M. B.

Grease Spots on Hardwood Floor

To the Editor of Woman's Page: Dear Madam-Can you tell me what will remove grease spots made on a floor? (Mrs.) L. C.

To Remove Sulphuric Acid Spots

To the Editor of Woman's Page: Dear Madam-Is there any way of removing a spot made by sulphuric acid? (J. T.)

Polish for Tan Shoes

To the Editor of Woman's Page: Dear Madam-Can you tell me how I can polish my tan shoes? They are of a very dull color, even when they have been shined. (M. R. G.)

Restoring Ribbons

To the Editor of Woman's Page: Dear Madam-Ribbons of various colors and widths have become faded and soiled. How can they be restored to their natural color or changed to other colors? (Mrs.) M. R. G.

Remove Grease From Stone

To the Editor of Woman's Page: Dear Madam-How can grease be removed from stone? (Mrs.) M. R. G.

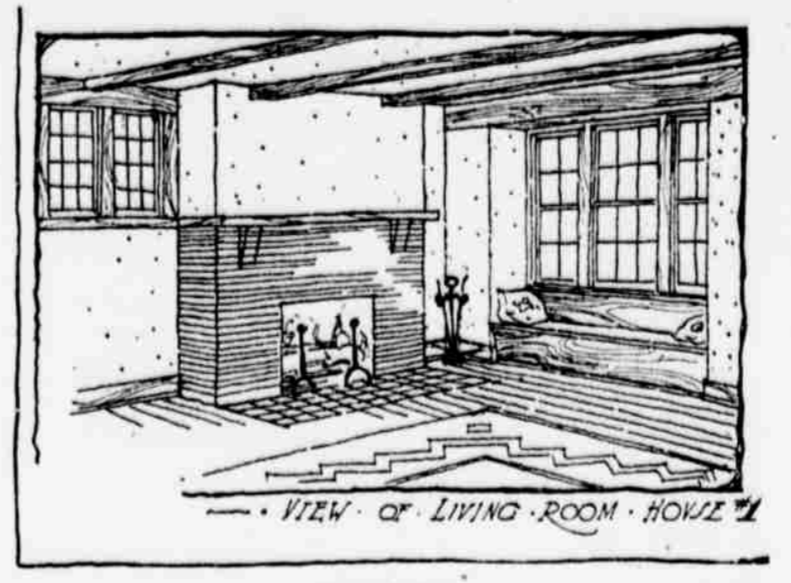
PATSY KILDARE, OUTLAW

By JUDD MORTIMER LEWIS

Rowdy was anxious to be gone where he was going, for he stood in the door looking out through the screen when I spoke to him. I lay there for a long time stretching and thinking what a good world this is. Then I got up and kissed my father, who was asleep, where his face was not open.

ADVICE TO THE HOME-BUILDER OF MODERATE MEANS

By VICTOR EBERHARD, R. A., B. Arch.



VIEW OF LIVING ROOM HOW? Foundations

IN THE building of a home, though ever so humble, it is of the greatest importance that the owner become acquainted with the essential points of construction.

FOUNDATIONS

When the foundation is of brick or stone, the owner should see that his mason builds under the wall a footing which should project about six inches beyond its face.

FRIDAY MORNING

Questions and Answers Which is more expensive for inside woodwork, a good wood stain or white enamel? H. H. R.

One part Portland cement, two and one-half parts of sand and five parts of crushed stone for undercoat. This should not be less than three inches thick.

It is possible to tint or color plaster walls with a feeling of brightness? (Mrs.) J. J.

Farmer Smith's Column

HE TALKED TOO MUCH: My Dear Children-The other day I was talking to a lot of young children about the way to entertain them without making them laugh.

Right in front of me sat a little boy with his lips stuck together with court plaster. How sorry I was for him! If he laughed, I thought, it would hurt him; so I was very careful, for I come very near knowing what will make little people laugh and what will not.

After my talk I asked the teacher what was the matter with the little boy, and she said, "He talked too much, so I closed his mouth with court plaster."

STRANGE ADVENTURES OF BILLY BUMPUS VISITORS By Farmer Smith

The morning after Billy Bumpus had been rudely thrown out of the tent he looked into a sun shining in his eyes.

Billy walked around among the wagons, looking here and there for something to eat. Finally, when no one was looking, he climbed into a wagon and started eating the seat.

One does not necessarily turn and stare at a street frock like this. One remembers it with pleasurable feelings. The main line of the difference between the extreme and "good taste." This frock is of dark blue taffeta, that is to say, the underskirt, the long, narrow cuffs and the quaint ruffles of the overskirt, are.

Rye Bread One cupful scalded milk, one cupful boiling water, one tablespoonful lard, one tablespoonful butter, one cupful sugar, one and one-quarter teaspoonful salt, one-quarter yeast cake dissolved in one-quarter cupful lukewarm water, three cupfuls rye meal, one cupful milk and water add lard, butter, sugar and salt; when warm add dissolved yeast cake, flour, and beat thoroughly, cover and let rise until light. Add rye meal until dough is stiff enough to knead; knead thoroughly, let rise, shape into loaves, let rise again and bake.

Graham Bread This is an old and successful rule for graham bread: Three pints graham flour, one cupful yeast, two cupfuls sugar, one pint water, one teaspoonful salt. Let it rise overnight and bake in a white tin.

MANDO MANDOPOLISH superlative hair cream or under the hair from or any part of the body, leaving no mark or blemish on the delicate skin. No electric needles, burning caustic or powders used.

APLEX Electric Washer Say good-bye to irksome washdays-good-bye to the rub and scrub. Do yours electrically with APEX. No work; no wear. No rubbing clothes to shreds; no wax; no boiling to rot the fabrics. The APEX Electric Washer is the natural vacuum suction washer. It draws water through and through the clothes, dissolving every particle of dirt. Cleaners daily laces and heavy blouses, cleans collars and cuffs and skirt bottoms. The wringer swings to any angle. If your local electric supply dealer has not APEX, write, call or phone Wm. J. Britton, 1017 Arch Street, Philadelphia, Pa., and APEX will be sent to you home or office free of charge. No obligation. Price \$75. Terms to suit your convenience.

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mi-RITE Superduous Hair Remover The only treatment which will remove permanently the hair from or any part of the body, leaving no mark or blemish on the delicate skin. No electric needles, burning caustic or powders used. Orientor, Sole Owner and used exclusively by Dr. Margaret Sappert, 1113 Chestnut St., Philadelphia, Pa.

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 of prescribing for ailments requiring surgical treatment or drugs.

Insufficient Bulk THE alimentary canal of man, while not so long in proportion to his size as that of the herbivorous animals is much larger and longer than in animals which are intended to feed upon a flesh diet.

Correct Weight What is considered the correct weight for a man six feet tall according to the best tables, a man six feet tall should weigh 170 pounds.

Butter with streaks and specks is dear at any price. It was spoiled in the making. MERIDALE BUTTER is never mottled or streaked; never wet, garlicky or ill-flavored. It is always the same all the year round-and always uncommonly good.

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Baby Cries When Lifted Why does my baby cry when I lift him? (Mrs.) B. J.

You probably hurt him by not lifting him properly. In lifting a baby, grasp the clothing just below the feet with your right hand, slip the left hand under the body from below upward until the head is reached, supporting with the hand and lifting the child on the left arm.

Hemorrhage How may hemorrhages be controlled? (W. E. W.)

The principal means for arresting a hemorrhage are pressure, ice or hot water, or the ligature. The means to be employed vary according to the part of the body in which the hemorrhage occurs.

Throbbing in the Head What is the remedy for throbbing in the head, with a feeling of heaviness? (Mrs.) J. J.

The diet should be regulated to include fruits and bulky vegetables principally, and

It is impractical to put coloring in the plaster before it is applied. The walls are best tinted with water color after being finished. Various good effects can thus be obtained and the cost is only from \$3 to \$5 for a room, according to its size.

Dress Your Kitchen in Summer Garb

Why not equip your kitchen for hot-weather comfort as lightly as you dress yourself?

The Fortune Gas Range

Puts the heat where you want it and keeps your kitchen cool. Quicker, cheaper, cleaner and more efficient than coal and a hot-weather necessity for comfort.

Fortune Gas Ranges are recommended and sold at all offices of the United Gas Improvement Co. and are always moderate in cost.

Thomas, Roberts, Stevenson Co. Philadelphia, Pa.

THE CHEERFUL CHERUB

I won't let grief engulf my soul. For time is all nice, free tomorrow; And so I'll just be strong and brave. And show I'm worthy of my sorrows' release.

Laugh and Live By Douglas Fairbanks Just out

HERE'S a book to live with-to have by you-to keep dipping into-to go back to for inspiration when life looks hard.

This man who has made millions of you laugh shows you the kindness, the clear, right thinking, the power, and the impulse behind the laughter.

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P.S.-And don't overlook the fact that Georgina of the Rainbows, Annie Fellows Johnston's big success of last season, is right now among the best of the best sellers.