

IN THE MOMENT'S MODES

Fall Chapeaux Show Many Novel Ideas in Crowns



Millinery news from Paris proclaims the ascendancy of the black velvet hat for early fall. The favoritism of the style creators is about equally divided between the large and the small chapeau, but black velvet is supreme among fabrics. There is novelty plus in the shaping and modeling of the crowns of these hats labeled fall but being worn right now. It looks as though the style folks had made every possible effort to introduce a new note in crown shaping. The so-called conventional crown is conspicuous by its rarity, and supplanting it we find the draped crown, the semitam crown, the mushroom crown and many, many other crowns. The adjoining sketch presents in the upper model, a large full hat of black velvet simply trimmed with a silver cord and tassels. The lower model has a tam crown of mole-colored velvet, with a brim and band of self-colored leather. The brim is faced with the velvet.

THE GOOD HEALTH QUESTION BOX

By DR. JOHN HARVEY KELLOGG

THE first rule for beginners is to accustom oneself gradually to the cold spray by starting either in the spring or summer, when the mornings are yet warm. Just now is a good time to begin.

The first few mornings let the water be tepid. Each morning cool it a little. In this way, it will not be many weeks before the water can be taken from the faucet at pipe temperature. The colder the water, the more tonic the effect.

Another mistake is to continue the bath too long. Ten to twenty seconds is quite long enough. The drying is best done with a Turkish towel, rubbing vigorously, and until the skin of the body is pervaded by a feeling of warmth. Another precaution is first to bathe the head, face and neck. This prevents too much determination of blood to the head which sometimes causes headache.

One who sleeps in an outdoor bedroom may awaken of cool mornings feeling cold and a dread of the cold bath. And it is right that he should not bathe in this condition. He may substitute a cold air bath, or take the cold bath in a warm room.

An excellent plan is to warm the body by exercise before the bath. Running in place for two or three minutes is good, or jumping up and down and swinging the arms vigorously. Any exercise is good that will get the blood to circulating freely in all parts of the body. If the exercise can be continued to the point of profuse perspiration, it will prepare the way for a splendid skin reaction after the bath. Volley ball and lawn tennis are good early morning exercises and may precede the cold bath with great advantage.

Proper Amount of Water for an Adult

How much water should an adult person drink each day? MORTIMAN. Three pints at least. It depends upon how much you perspire. One should drink when he is thirsty. The chronic invalid generally needs to drink when he is not thirsty. One should drink for internal bathing purposes. The average invalid should drink two or

three quarts a day in the summer time, but one must be careful not to drink too much or too soon after eating. One should not drink too freely at meals.

Secretion of the Salivary Glands

Does the presence of liquid food in the mouth suspend the secretion of the salivary glands? O. Yes, if it is a neutral liquid. If it is acid or sweet or strongly flavored the salivary glands will be stimulated to pour out saliva to dilute it.

Dry Food Will Stimulate Salivary Glands

What will start the flow of saliva? G. S. T. Dry food is the most powerful of all stimulants to the salivary glands. A horse makes four quarts of saliva in chewing a quart of oats.

Gnashing the Teeth While Sleeping

What causes one to gnash the teeth while sleeping? L. C. That is a sympathetic nerve disturbance. When there is gastric irritation there is likely to be that grinding of the teeth. It is one of the signs of indigestion in infants.

Dark, Floating Spots Before the Eyes

What causes one to have dark, floating spots before the eyes? G. F. One cause is auto-intoxication—poisons in the body due to constipation. Consult an oculist.

NEW SUBURBAN SERVICE

Trolley Connection Open Between Collingdale and Sharon Hill

Trolley service between the Sixty-ninth street terminal and Sharon Hill was established today by the Philadelphia and West Chester Traction Company. Cars leave the terminal for Sharon Hill at 10, 25, 40 and 55 minutes after each hour from 5:10 a. m. until 9:10 p. m., and 10 and 40 minutes after each hour from 9:40 p. m. until 12:10 a. m.

Cars leave Sharon Hill for the terminal at 5, 17, 32 and 47 minutes after each hour from 5:32 a. m. until 9:32 p. m. and 2 and 32 minutes after each hour from 9:32 p. m. until 12:32 a. m.

ADVICE TO THE HOME-BUILDER OF MODERATE MEANS

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



The Lot

IT IS no longer necessary to preach the joys of country life to the right-minded American. The commuter is an established institution. Legions of him spend from one to three hours traveling daily. He endures hardships, he rises and retires early, he faces all kinds of weather and becomes a slave to the timetable in order that at the end of the day and all night long he may have the country air, more room within his house and some free space without.

But, when he has attained his long-dreamed-of house in the suburbs or country he very generally forgets that he has a piece of ground all around it, the possibilities of which are without number, so he just plants grass and after a while has a lawn just like his neighbor. This is the reason, when we walk down the street of a pretty suburb, or, rather, one which could be pretty, the houses all look so lonesome and they stare at us and after us as though they were friendless strangers just brought over from a foreign land and carefully set down on the smooth lawns.

Or perhaps it is because we are so democratic and have the community spirit in us developed so highly that we are willing to give over the precious bit of

earth we have attained through sacrifice and self-denial of many months to the community, to be used as part of a general scheme of beautifying the town, which scheme is lawn, blocks and blocks of it. Lot lines are lost, fences are against the rule, there are no walls for vines to creep over and no privacy except in the inside of the house.

But anyhow, if this is our unselfish reason for treating our lots in the manner we do, we have the right spirit, and that's a big thing. We have the beauty of the community and the pleasure of our neighbors at heart. But we fail to accomplish our purpose because we are working on the wrong principle.

A general scheme for the treatment of all the lots together is next to impossible when each house is a separate unit, as we Americans like to have them; the right method is to treat each house and lot as the separate unit that it is, each lot and house becoming together the owner's "place." A succession of these, each successful in itself, with due regard having been given to its harmonizing with its neighbors, is the only way of demonstrating a community spirit that will be effective. And what it will do in making the whole

town more beautiful and a pleasure to every one, it will do for the individual, in that it will give him a home which will begin at the line of his lot and go to the end of it and from one side line to the other will not only have a house for himself, but also a garden for himself. The sun shines and the air is warm, and all he will have to do is to speak the word and nature will build it for him.

Questions and Answers

About how much should one appropriate for lighting fixtures and also for hardware in a seven-room house? K. G. About \$50 for hardware. This includes hinges, locks, sash lifts, sash locks, and for lighting fixtures from \$75 to \$100.

Does a house which is planned with a bath in the center make as serviceable a house as one which has the bath on one side? G. We might say that any arrangement is serviceable that suits the particular needs of the occupant and which in addition tends to the attaining of any effect in appearance which he might desire.

Friday—The Garden.

FIRST "COMMUNITY SING" TO BE HELD THIS EVENING

Patriotic Songs and Standard Selections Will Be Features of Program

The first "community sing" under the leadership of Jerry Shaw, a well-known tenor, will be held tonight at Stinger Park, Thirty-third and Race streets.

The program will consist of patriotic songs and standard selections. There will be nightly "sings" in nearly all the city parks under the direction of the Community Singing Association, which is working in conjunction with the Board of Education.

Dancing in the public squares and parks came to an end last night. It is generally believed by those who have the social welfare of the people at heart that the "community sings" will be more popular, for the reason that all may join in these big song fests.

Tomorrow night the "community sing" will be held at the Spring Garden plot, Eleventh and Spring Garden streets.

"MA" SUNDAY'S INTIMATE TALKS

The wife of the famous evangelist discusses everyday topics in a helpful and wholesome way.

The Girl and Her Engagement

ESTELLE is a girl whom I have known some time and whom I admire. She is a temper and kind, and of a happy personality. However, it had seemed to me she was not her usual bright, cheerful self. "Is anything troubling you, dear?" I asked her. "I've been waiting to tell you about it," she replied. "but it seemed hard to begin. It's about Ralph."

"You are a noble child!" I said, as I kissed her, "and I know God will help you." A short time ago Estelle joined a class in nursing which will enable her to be an assistant in a hospital in a few months. By doing this she will release another nurse, a graduate, who will then go on her errand of mercy across the seas. "Lots of girls are training to go over," Estelle told me, "but those who are needed the most are the graduated nurses. We, who are only partly trained, must stay here. I want to go, too, some day when I am fit."

"You are happier, dear?" I asked, a little anxiously, for she was pale. Estelle smiled. It was a brave, frank smile, but it went to my heart. (Copyright, 1917, by the Bell Syndicate, Inc.) Friday—"The Girl Who Held Her Own."

Two Concerts at Belmont Two concerts will be given today at Belmont Mansion by the Fairmount Park Band, Richard Schmidt, bandmaster. Program: 4 TO 6 O'CLOCK Overture, "Tantalusqualen".....Suppe Motives from "Lucia de Lammermoor".....Donizetti "Entr'acte Rose Mousse".....Boac "Scotch Patrol".....Shaw Melodies from "Chin Chin".....Caryll "Three Spanish Dances".....Moszkowsky "Polish Dance".....Scharwenka March "The Entrepeneur".....Lamme Waltz "Thousand and One Nights".....Strauss "Popular Melodies of the Day".....Herlin 8 TO 10 O'CLOCK Overture, "Jubel".....Weber Motives from "Il Trovatore".....Verdi "March, 'Federal'".....Dellus Excerpts from "The Only Girl".....Herbert "Grand Scenes from the Civil War".....Tobani Contralto solo, "My Marriage".....Witmark "Slavonic Dance No. 5".....Dvorak Intermezzo, "The Star of India".....Bratton Spanish Suite, "Le Feria".....Lacombe "Star Spangled Banner".....Lacombe

City Hall Concert The following program will be given this evening on City Hall Plaza by the Philadelphia Band under direction of Elias Hummel: Overture, "Hazel".....Wagner "Peer Gynt Suite".....Grieg Selection, "The Princess Pat".....V. Herbert "The Presidential Polonaise".....Bous "Idillo".....Lack Excerpts, "Mariana".....Wallace Contralto solo, "My Marriage".....Selected Bertha Brinker D'Albites "The Evening Call".....Reeves March Militaire Francaise (finale from "Algerian Suite").....Saint-Saens

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