

Norwood listened gravely, trying not to

be influenced by his personal jealous hatred of Kennedy. Yet he was honestly and strongly opposed to this reckless sacrifice of Mary's fortune.

But Mary was feverishly insistent. What-

Dumplings-Use one cupful flour, two teaspoonfuls baking powder, one-half cupful milk or water, one-quarter teaspoonful salt Bift together the flour, salt and baking powder and mix to a soft dough with the milk, then drop at once by spoonfuls on the beilng stew, cover closely and cook for twelve minutes, being careful not to raise the lid or jar the stewpan while the dumplings are cooking. Many housekeepers prefer to stitute water for milk, claiming that it makes the dumplings lighter

### Macaroni and Tomato Molds To the Editor of Woman's Page:

To the Editor of Woman's Page:
Dest Madam—I am sending you a recipe for dividual macaroni and tomato dish which can fully the sendence of the senden

Many thanks, Mrs. C., for this practical

### **Removal of Coffee Stains**

Dear Madam Please tell me how coffee stains an be removed. MTRTLE K.

If you had stated the nature of the ma-terial which is stained I could give you more definite information. If the material is white linen or cotton, stretch it tightly over a basin and pour boiling water through it. It is said that coffee stains can be re-moved from a fabric of heavy weave by applying slightly diluted giverin, which should be rubbed vigorously and followed by a sponging with clear ether.

## **Directions** Given Yesterday

To the Editor of Woman's Page: Dear Madam—I am picking some cucumbers for the first time and would be pleased to know how long a time they should be left in the prime and what may be added to them to keep them green. Three reliable recipes for cucumber pickles were given in vestering's Events des were given in yesterday's Evening LEDGER. In case you should not happen to have the paper, copies can be procured at the business office.

Offers Home to Antay So the Editor of Womas's Page: Dear Madam-Having read "Anthy's" letter in the Evenno Lancas, I want to say I am coting for a young thi who wants a good inter the Evenno Lancas, I want to say I am both for a young thi who wants a good inter the Evenno Lancas, I want to say I am coting for a young thi who wants a good inter the Evenno Lancas, I want to say I am both for a young the want of the say I am both to the say I want to say I am the Evenno Lancas, I want to say I am both to the say I want to say I am a young the say I am to the say I am the say I am to the say I am to the say I am the say I am to the say I am to the say I am the say I am to the say I am to the say I am the say I am to the say I am to the say I am the say I am to the say I am to the say I am the say I am to the say I am the say I am to the say I am the say I am to the say I am I am to the say I am the say I am to the say I am the say I am to the say I am I a ith hor. Pa.

I am sorry. Mrs. D., but the address of he young girl you mention is not in my

Tomorrow's War Menu BREAKFAST Chilled Blackberries Fried Tomatoes Griddle Cakes Peach Syrup Coffee DINNER am of Onion Soup Breilad Trout Best

# Dinner at Fiance's Friend's Home

To the Editor of Woman's Page: Dear Madam-I received an invitation to at-tend a dinner at the home of a stranger re-cently. The girl who sent it to me is a friend of my finnes a family and he is invited. It seems strange to be asked to a home where all the people are strangers. Is this correct, and should I accept? H. F. L. You should accept if at all possible to you should accept if at all possible to go, as it was a polite thing for the young to invite you. Of course it would go, as it was a pointe thing for the young woman to invite you. Of course it would not be polite to ask him and not ask you, and vice versa. If you are invited any-where, your flance should be invited also. It is quite customary.

Hat for Widow

To the Editor of Woman's Page: Dear Madam-How should a hat be trimmed for mourning? I have been wearing a voli for my husband and want to lighten my mourp-ing by wearing a hat. Of what should it be made and how trimmed? (Mrs.) K. H. F. Your hat should be made of crepe or dull mourning silk and be trimmed with the same material. A straw hat may be trim-med with crepe, silk or dull ribbon.

# Week-End at Seashore

To the Editor of Woman's Page: To the Editor of Woman's Page: Dear Madam-I expect to so down to Asbury Park for a week-end some time this month. Do you think it would be necessary to wear a coat suit or could a white abirtwaint and skirt be worn and a fancy dress be taken? Can a girl with Hert blond bair and a fair skin and blue eyes wear yellow? Is purple becoming to blondes: AUNES.

You would be taking chances by wear-ing simply a white shirtwaist and skirt for a week-end trip out of town, for the weather is so uncertain, and if there was change you would be at a loss unless you a change you would be at a loss unless you take a light topcoat with you, which, of course, would answer the purpose admir-ably. Certain types of blonds can wear certain shades of yellow, but the color is not usually associated with blonds, espe-cially bonds with blue eyes. You might find a corn color quite becoming. Certain shades of purple with plenty of blue, violet, lavender and like shades are very becom-ing to most blonds. ing to most blonds.

### **Benzoinated** Cream

To the Editor of Woman's Page: Dear Madam-Please print a formula for hen-moinated cream, and obligs. CARRIE T.

solnated cream, and obligs. CARRIE T. Benzoinated cream—Eight drams ben-solnated lard, three drams wool fat, eighteen drams offermacetl, four drams camphor, thirteen drams oil of sweet almonds, five grains benzoic acid. Meit the fat together and add the oil, in which the camphor has previously been dissolved by the aid of a gentle heat. Add the benzolc acid, keeping the mixture at all times as cool as prac-ticable to prevent volatilisation and per-fume with six or eight drops of oil of cajuput or other oil, according to fancy.

To Stop Stammering

To the Editor of Woman's Page: Dear Madam-I am a boy sighteen years of age. Will you please tail me through your col-umn how to stop stammering? & SUBSCRIBER. A SUBSCRIBER. I am afraid there is little I can tell you which will be of help. Nervousness and self-consciousness cause this defect in the speech. If you will practice speaking slowly and pronouncing your words distinctly while you are alone, you may in time be able to overcome it.

Rallroad Employment Bureau

doors. I asked the man who owns the haby horse if God built all the schoolhouses and he said all schoolhouses were built by men, which surprised me a lot I believe God wants me to go to school outdoors or he would have built schoolhouses and would have made me want to go to them. But as there are no outdoor schools and as my mother asked my father to send me to school when she was getting ready to go to Heaven I shall go. When my mother wants me to do anything who am I that I should

kick and make her unhappy in Heaven? When I woke up Friday morning and had when I woke up Friday horning that has not had leaned over and kissed Rowdy on the nose I got back on my pillow and lay there think-ing that when I had been to school today I should be free. I was trying to make up my mind where to go Saturday and while I was thinking about it my father came from his night watching. So I mixed the pancakes while he showed me how, and when he had eaten his breakfast and gone to hed I thought how many things I could do and the number of things is surprising. I can climb trees and I can walk on my hands and I can turn over endways, frontwards and backwards and I can make Rowdy be dead, but not unless he wants to be. After I had thought of all this I went to

school as proud as two little girls, and Rowdy wagged his tail the whole way, for Rowdy wagged his tail the whole way, for he seems to know when I am feeling proud. Then after school Rowdy and I rambled. We came to a street which we had not seen before, and away off was a big house,

bigger than two schoolhouses. So we went to see it, and when we got there it looked as if it might be an enchanted castle. I knew that if it was an enchanted castle I certainly wanted to find out all about it. We walked around it, and it was a very strange looking God. Amen."

# By JCHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions, Doctor Kellogy in this space will daily pive advice an preventive medicine, but in no case will be take the risk of making diaproses of or preactibing for al-ments requiring surpleal treatment or drugs. Health questions will be promptly an-swered by personal letters to inquirers who inclose stamped envelopes for reply.

A LL foods are laxative when one is normal crippled by the erroneous habits, neglects

and abuses of civilized life as lived by the colons have been so stretched by constipa-

the free use of lettuce, truits, coarse cere-als, green vegetables and bran at each meal. Sweet and acid fruits are laxativa. A handful of pecans taken with each meal will not infrequently produce regular move-

Figs and oranges are excellent lazative

said, what is eating you?" I said, "Where is the giant who captures fair maids and locks them up and eats them?" He said, "Why do you want to know?" I said, "I and my dog Rowdy want to give him bat-I said, "Where i ever her hushand's disloyalty, she could not "Why do you want to know." I am bat-and my dog Rowdy want to give him bat-the." He said, "The giant is a very dreadful fellow." I said, "Well, somebody has got to fight him and it might as well be us as any-body else." He said, "Why?" I said, "Be-cause we can lick him. If you will close your face now and send him out Rowdy and I will show you how fast he can climb a tree ing.

tude I will show you how fast he can climb a tree and how loud he can holler for help. Then

you will have to turn the fair captives

The man laughed and said, "Would you like to see some of our fair captives?" I said, "Fetch them out, for I am too foxy to go inside." So he fetched one to the door and she was as big as she could be and as ugly as sin. The man laughed at me and said. This fair lady is in for stealing her mistress's diamonds. This is the jail." I said. "Good night, nurse!" and Rowdy and I certainly did skedoodle. I felt cheap.

and I certainly did skedoodle. I felt cheap. We went to the store and got some crack-ers and pickles and a bottle of milk and a can of peaches and a bone for Rowdy. Then we went home, and my father, had gone night watching. We sat down and ate, and all you could hear was our two faces going as we ate, for I felt too cheap to talk. The joke was certainly on us. I said my prayers with Rowdy's paws folded and mine, too. I said, "Dear mother which art in heaven, go ahead and laugh all you want to about my fighting the glant

which art in neaven, so alread and isugn all you want to about my fighting the glant and turning loose the fair lady. I don't blame you This is a short prayer, for it is late and we are going to get up early

dows. When I got back to the front door I "In the Night," the next Patay Kildare ad-the spice in Monday's Evening Ledger.

THE GOOD HEALTH QUESTION BOX

What Are Laxative Foods?

A and lives a natural, simple life, and a healthy intestine should discharge the remnants of the previous meal when a new meal is taken in. The bowels ought to move after every meal, but many colons are so

average person that ordinary foodstuffs will not stimulate the bowels sufficiently to induce a movement after each meal. Some

tion and by gas formation, due to the fer-mentation of retained food remnants, that they are permanently orippied. Most persons will be able to secure three natural movements of the bowels daily by the free use of lettuce, fruits, coarse cere-

foods. A couple of apples or oranges taken at bedtime and half an hour before break-fast have an excellent effect. In some cases a half cupful of bran softened with hot water will move the bowels, but lubrication is also needed in many cases. For this use parafin at each meal. The civilized colors is too plow, and this

Buttermilk Is Wholesome buttermilk more wholesome than fresh Mrs. B. J. milk? Mrs. B. J. Buttermilk is more wholesome than or-dinary milk for the reason that it is al-ready curdled, and the curds taken into the stomach are broken up into small parthe stomach are broken up into small par-ticles, whereas when ordinary milk is taken into the stomach it forms large, hard, tough curds, which often escape digestion. Another reason is the presence of friendly

Is vaccination to prevent typhoid favor ad-inable for travelers who cannot depend upon he purity of drinking water? A TRAVELER.

the purity of drinking water? A TRAVELER. The method of vaccination against ty-phoid fever perfected by Doctor Wright of London, has now been used very extensively in the army of the United States and in other countries and is found to be highly successful. The vaccination is said to ren-dar the subject proof against typhoid for at least three years.

# Remedy for Hay Fever

What is the remedy for hay fever? M. L. K. The best remedy is to change the rest-dence to a location which is free from weeds, the polien of which causes the dis-temper. Special vaccines are also used with some success. The services of a specialist should be employed in advance of an appected stinct. In the merrises at

stand by and see him ruined. In the end Norwood yielded to her plead-Hurrying to Kenndy's broker. just in time to cover, as the stock dropped

another point. Mary, waiting at his office until he re-turned, thanked him with quivering grati-

"It was a very foolish thing for you to

do." he disapproved. "It was the only thing I could do," quietly as she rose to go. "And, after all," with a wistful smile, every woman is ca-pable of some supreme sacrifice—for the

man she loves. The next morning Kennedy returned to the city, tired and harrassed from the hardships of two days' campaigning through the up-State towns.

Buying a paper, he was confronted with the ominous headlines:

PANICKY BREAK IN H. & R.; MANY INVESTORS WIPED OUT

Leaping into a taxicab, he shouted to the

Leaping into a taxicab, he should to the driver his broker's address. He was ruined! The accumulated for-tune of fifteen years—lost in a reckless speculation. With gritted teeth he thought of the men who had urged him to this in-vestment. Were they political enemies in disguise? Were they tools of Brady? Was

It a deliberate plot to crush him? Was White, rigid, controlling himself with an effort, he strode into the broker's office. It was several moments before his throbbing brain could grant the reasoning the start of the strong start of the strong start of the start o brain could grasp the reassurance of th

ne one, who had refused to give his name,



110000



ALLWAYS THE BEST SHEW IN TOWN

The man who who was seen

REGENT GAIL KANE in "SOULS IN PAWN"

NORTH PHILADELPHIA

Added-A Funny Keystone Komedy

PEGGY HYLAND

in "CASTE"

Vaccination for Typhoid Fever