LIGHT SORT OF A CHRISTMAS EVE-LETTERS FROM WOMEN, RECIPES, WINTER'S FASHIONS

CROSS LIGHTS XMAS EVE **TRIBUTE TO WAR-SPENT WORLD**

Losing a Pet WHEN I woke this morning I got out

of bed without lying still to think

things over. When Rawdy and I went out of the front door we had the bo-with the snake in it under sity arm. Th

Tung man was sitting on the edge of

the purch, which is one of the best thing-

proves that we learn something every

When Rowdy and I rambled the box

When Rowdy and I rambled the box was kind of heavy and I was thed be-fore we kot to the river across from Mr. Recknaideris. I holiered for Levy and he came and flok us across in the boat, but he nearly jumped out into the water when he saw the snake. The cook was afraid of the snake, too, so after I had breakfast and Rowdy had grawed a bone or was to the boas of the reak to be

I said. "You

teous Holiday Heart Can't Be Happy if This Symbol Doesn't Shine Forth Its Message From the Home Window

Christmas Eve, say. And in ouse there is merry-making. a tree, perhaps, maybe a Santa arsing. If you're the danct there might be a jazz band whirling around on your talk-

in your window-what about w on Christmas Eve? Will the the soft, pure stream of a vax candle throwing the red of cross out to the night? Or there? If there won't-oh. upon your jazz band record. upon the heart of you that listen to one on Christmas eve ag that the light of the red cross at shine from out your window! Christmas Eve there will be this my of letting the world know though holiday cheer is on the your tongue, deep down in your where it counts, is a symbol of ping hand America is reaching o a world bled white with war. member of the American Red is asked on this night to place home window a lighted white is and the symbol of the organiza-

d if you are not a member you maked to be one.

hearts of people in the Red Cross for us until we are prepared to fight years old and when I wis a boy I caucht hardly be estimated. This is the for ourselves, you would think differ-

alted States. The decoration of win. means the gentle-spoken lady in white fish with binger worms than that" I means the gentle-spoken lady in white fish with binger worms than that" I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white fish with binger worms than that " I means the gentle-spoken lady in white binger worms that the white binger worms that the gentle-spoken lady in white binger worms that that " I means the gentle-spoken lady in white binger worms that the gentle-spoken lady in white binger worms the gentle-spoken lady in white binger wor will come as a climax to the who clasps the name of makes them cane. dign on Christmas Eve. It is not Jacques and Pierres and makes them I picked up my snake and went out it be then the the the state of the the the the state of the the the state of ey the Red Cross wants in par. forget the thing dyed deep in their can people who belong. It is some-ing to belong to the greatest human-trian agency in the history of the reld. But greatest human-belong to the greatest human-to much food in Germany and was sent back to mother France to die ular; it is members. And members lives. Over there it means caring for where the burglar was wild. But greater than this it is to by people, real people with hearts in interests, belong to it.

IS hard when you seem like a lighty big machine to make the life realize how very necessary individual good will and per-mighty helping hand? TI IS hard when you seem like a not be told.

in many.



Vyvettes

A leather hat and collar to match—both laced and fur lined. And then there's a little dark-brown velvet brim that can turn down over the cars if the wind whistles by too sharply.

usked to be one. The moral effect of uniting the strate to go overseas where the strate our great relief society is busy holding the strate to the house of the man who is a hundred years old. He was sitting on the porch as usual and when I showed to be one. bigger worms than that." a sardly be estimated. This is the for ourselves, you would think differ-are crazy in the head. This is not a worm, this is a snake." He said. "It is 10,000,000 more members in the There the American Red Cross a worm and when I was a boy I used to

THE WOMAN'S EXCHANGE

and questions submitted to this department must be written on one side of only and slowed with the name of the writer. Special queries like those given artifed. It is understood that the editor does not necessarily inderse the swittment All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE. Evening Public Ledger, Philadelphia, Fa.

L In it po

and well being?

Takks alde out, embroider a red line for Department of Public Documents south and French knots for eyes. Fift teenth and Spring Garden streets.

IN THE MOMENT'S PATSY KILDARE MODES By JUDD MORTIMER LEWIS

Street Suit of Blue Velvet

In answer to health questions. Doctor Kellogg in this space will daily give advice on pre-tentive medicine, but in no case will be take the risk of making diagnoses of or presenting for allments requiring ascalad treatment or drugs. Health aucetions will be promptly answered by personal letters to fingulars who incluse adamped anciences for reply. **Trimmed With Nutria**

By JOHN HARVEY KELLOGG, M. D., LL. D. The Low Protein Diet The Low Protein Diet T is a matter of common observation that carbohydrates (starches and sugar) ferment, while proteins putrefy. Although bath charges are us to have better and at night. Her 1, from 3 to a octors, to the moth-ers of sallors and solders living in the Thirty-sixth Ward, which is bounded by Mrs. Joseph Leidy, Mrs. William E. Lingelbach, Mrs. Spencer L, Muitford, Mrs. Joseph P. Munford, Mrs. Prederic ington avenue and Eighteenth street, and at night. Mrs. Joseph Leidy, Mrs. William E. Lingelbach, Mrs. Spencer L, Muitford, Mrs. Frederic Schoft, Mrs. William Singeon, Mrs. Ed-ward T. Stotesbury and Mrs. Jones Wister. Although both changes are due to bacterial action, there is a most important diforganisms that give rise to fermenta-

organisms that give rise to fermenta-tion produce simple acids—chiefly lactic or acetic acid—that are harmful only in very large quantities. In the minute quantity in which they can be produced in the intestine they are usually entirely On the other hand microbes that give rise to putrefaction produce deadly poisons and toxins, a long list of which poisons and toxins, a long list of which already his been mentioned, while there are doubtless many others not yet known. Bacteria, like other plants, require solis favorable for their develop-ment. It is evident that the most ef-fective way of suppressing the growth at poison-forming, putrefaction-produc-ing organisms in the intestine is to reduce to a minimum the amount of "protein in the diet When meat and eggs are eaten freely.

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Gum Chewing

Xmas Gift

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assortment.

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\$3 to

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exhausts the glands so that they lose their power to digest starch. a very important function which is necessary for good digestion. This has been proved by actual experiment. A man was nade to chew gun constantly for several hours. At the end of the first hour there was slight decrease in the diges-tive power of the saliva. At the end of the second hour there was a very marked lows of digestive activity, and at the end of four hours the saliva had almost entirely lost its activity. The almost entirely lost its activity. The habit of chewing tobacco or gum ex-hausts the salivary glands and thus lays the foundation for indigestion. Thorough chewing of the food is essential to good digestion, but gum chewing is a useless When meat and eggs are eaten freely.

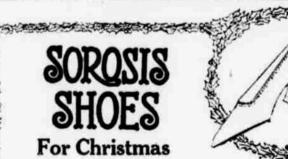
When meat and eggs are eaten freely. considerable of the proteins escape di-gestion and find their way into the colon, and there undergo interfactive changes. If, on the other hand, the diet is re-duced to a minimum amount of protein, and the residues that reach the colon are small in quantity, the nurrefactive and the residues that reach the colon are small in quantity, the putrefactive changes are slight and the number of inacteria with their takins and endo-texins is notably lessened. By a charge of diet it is not only possible to change the bacterial in-habitants of the intestine, but to change the action and the nature and influence of the colon bacillus and its congeners as they no longer produce periods

of the colon bacillus and its congeners so they no longer produce periodous effects but actually lecome a means of protection and defense. In other words, the wild bacteria that, in various ways, as already pointed our, find their way into the human intestine and give rise to putrefaction and other bacterial charges whereby poisons in longe quantities are produced, may be changed. The researches of Kendall showed beyond question that these poison-forming bacteria cease to produce poisons when they are adequately sup-plied with carbohydrates of the kind that they can utilize.

Warts What is the easiest way to remove small Put on a little notic acid every night with the tip of a wooden toothpick and in a few days the wart will soften and

rub off. Sluggish Bowels

What can I do to obtain normal howel novements? J. B. S. Stop the use of all laxative and cathartic medicines. Adopt a fruit and vegetable diet and use two or three tablespoonfuls of bran at each meal. Use such exercises as will strengthen the



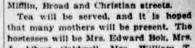
or agency.

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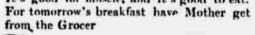
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obligation to buy.

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who to see about that WORRIED. A hoy of fifteen may be taken out of school provided he has been promoted out of the sixth grade, but he must still stend a certain number of hours of the week at a continuation school. Firms that employ boys under sixteen do no with the understanding that they be allowed the necessary amount of time to attend these classes. Apply to the Bureau of Compulsory Remainers about taking your boy out.