

FRUIT DATES SHOULD CONFORM TO WARTIME STANDARDS—GOVERNMENT RECIPES FOR THEM

"GARLESS SWEET CHRISTMAS," SLOGAN FOR HOME FIGHTERS Administration Tells How to Make War-time Holiday Candy—Nuts, Figs and Dates Play Prominent Part in Program

Now their right arm is of more importance than their sweet tooth. The government puts "punch" into the right arm of our country's defenders!

With this for a double-barreled slogan the United States food administration comes to us asking that we please save a little this wartime Christmas in the consumption of holiday candy.

A decrease in our annual Christmas candy consumption of, say, even one-tenth—and that isn't asking very much of the home fighter," says the administration—"when multiplied by 50,000,000 of us will provide much more nutritious food to our army boys and our needy allies."

There are all sorts of substitutes, "advises a little reminder from the controllers of our food supply," such as candied dates, candied ginger, fruit cakes and nutted nuts. Not only are they delicious, but they are also nutritious. Prunes, figs, raisins, have not only sugar but are highly nourishing. Raisins with nuts will delight any child, and if given with moderation will not prove indigestible.

"A combination of dates, figs and almonds is a good one," says the administration. "There are all sorts of substitutes, such as candied dates, candied ginger, fruit cakes and nutted nuts. Not only are they delicious, but they are also nutritious. Prunes, figs, raisins, have not only sugar but are highly nourishing. Raisins with nuts will delight any child, and if given with moderation will not prove indigestible."

IN THE MOMENT'S MODES

Evening Costume of Black Velvet, White Net and Pearls Pearl trimming has become a formidable rival of rhinestone trimming in the embellishment of evening frocks of black velvet. The evening costume pictured is of black chiffon velvet. The side insets are of white net strung with ropes of pearls, the net overlying white satin. White net shoulder straps develop into sleeve flounces. The black velvet is wound about the figure until it is caught up to the left shoulder in front, thus draping the left side of the costume.



English walnuts run through a grinder, softened with lemon juice and cut into cakes like caramels makes both a wholesome and a toothsome substitute for candy.

Use more home-salted nuts this Christmas than in previous years. Peanuts, pecans or almonds, if prepared in olive oil, will not go begging.

To those who in extreme youth industriously searched through the candy box for a "piece with a nut in it" and who in adolescence surreptitiously longed to do so Mr. Hoover's candy maxima will be a thing of joy forever!

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GOOD HEALTH QUESTION BOX

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 prescribing treatment or drugs. Health questions will be promptly answered by mail.

Falling Hair The cause of falling hair is failure of scalp nutrition, and the non-nutrition of the scalp is perhaps due to general failure of nutrition. Nature is a great economizer, for when the nutrient elements furnished by the blood are insufficient to support the whole body she cuts off the supply to parts of the body which are not essential.

Water for an Adult How much water should an adult person drink each day? 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.

Buttermilk Will the long-continued use of buttermilk produce indigestion or the loss of flesh? No. There is nothing about the use of buttermilk of this kind that can in any way cause a loss of flesh. In fact, its use through the favorable influence of the lactic acid-forming ferments upon putrefactive processes prevents intestinal autolysis, and this promotes general health and assimilation and thus tends to encourage gain of flesh in cases in which this is needed.

Charcoal Is charcoal of any value in combating intestinal toxemia? Powdered charcoal, if taken in sufficient quantity, is undoubtedly capable of rendering valuable service in combating toxic conditions of the intestines.

Diseased Tonsils and Rheumatism Rheumatism is a disease which is very frequently the cause of rheumatism and neuritis.

THE CHEERFUL CHERUB I try to help kind Santa Claus He's generous to all. I left a shoe horn on our roof— Our chimney's very small.

COMPLETE AND SERVICEABLE LINE OF MEN'S WEAR AND WOMEN'S WEAR Ladies' Silk Hose 59c Special Value

THE WOMAN'S EXCHANGE

Letters and questions submitted in this department will be answered in this space. It is understood that the editor does not assume responsibility for the return of articles. All correspondence should be addressed to THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES 1. What sort of fuel gives out the most heat? 2. What accessories for the living room that house a fireplace suggests itself as a holiday gift to the home? 3. How can very fresh bread be cut without a slicer?

ANSWERS TO YESTERDAY'S INQUIRIES 1. Christmas-tree ornaments can be attractively attached to the tree with small clothespins decorated in red crepe paper. The crepe paper is cut in form the shape of a rose and entirely covers the end of the clothespin.

From One in a Hospital Dear Madam—Will you please forward me your address? I am a girl and I would like to see you. I am a girl and I would like to see you.

Another Point of View on Kissing Dear Madam—I have been reading your column for some time and I am interested in your article on kissing.

Party Dress for Seventeen Dear Madam—I am a girl seventeen years old. What good and make would you suggest for an evening dress? I would like to spend about \$12 for goods only.

Red Cross Aprons Dear Madam—What apron will you suggest for a girl? I would like to spend about \$12 for goods only.

Ginger Snaps Dear Madam—Please give me a recipe for ginger snaps.

Dear Madam—What apron will you suggest for a girl? I would like to spend about \$12 for goods only.

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A Christmas Burglar

Alas! A burglar in the room! I hear his stealthy tread; He's stinking somewhere through the gloom.

What form was that, and all in white, And scarcely three feet high? A burglar? Or some Christmas sprite With mischief in his eye?

Well, back in bed, for 'tis true; Your precious faith hold fast. Old Santa Claus will live for you While dreams and childhood last.

Christmas in Rome Christmas in Rome is a quiet and solemn affair, with religion featured in its observance.

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SONG SHOP

1028 MARKET STREET, Bingham Hotel Block OPENING EVENINGS. SATURDAY EVENING UNTIL 12 P. M.

LARGE AND SELECT LINE OF CHRISTMAS POST CARDS & BOOKLETS Prices from 1c to 50c

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Stewart Phonograph \$6.50 Guaranteed Makes a Dandy Xmas Gift

IDEAL Player Piano Rolls & Q. R. S. Word Rolls COMPLETE ASSORTMENT

Ingersoll Watches \$1.35 to \$6.00 Wrist Watches \$4.50

LEATHER GOODS WALLET, BILL FOLDS, PASS CASES, TIGHT WADS, MONEY BELTS, POCKET BOOKS

DOLLS & TOYS WALKING DUCKS, CHICKENS, CATS, DOGS TEDDY BEARS

REMICK Music Books THAT MAKE AN APPROPRIATE GIFT

10c SALE OF POPULAR SHEET MUSIC 10c ALL THE HITS OF THE SEASON 10c



Says Mother's Son

"My dog, Duke, he has no sense. I guess I'll lick him. This morning when I was eating my Cream of Barley he jumped up and tried to eat out of my dish."

Cream of Barley Buy today from your Grocer

