DEDAINTIES SHOULD CONFORM TO WARTIME STANDARDS—GOVERNMENT RECIPES FOR THEM

autointoxication, and this promotes general health and assimilation and thus tends to encourage gain of fiesh in cases in which this is needed. Dextrinized cereals are fattening in their tendency. If you are not taking a sufficient amount of food. It is possible also that there may be other deficiencies in the dist. An exclusive diet of cocked food gives rise sooner or later to various disturbances of nutrition, among which a loss GARLESS SWEET CHRISTMAS," IN THE MOMENT'S MODES GOOD HEALTH QUESTION BOX In answer in braith questions, Ductor Kellapy in this space will daily give advice on pre-contine medicine, but in he case will be take the risk of making diagnoses of or prescribing for allocats requiring surgical treatment or drugs. Health anarticas will be promiting manared by personal fellers to inguleers who melase stamped ravelages for reply. **SLOGAN FOR HOME FIGHTERS** 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 Administration Tells How to Make War-By JOHN HARVEY KELLOGG, M. D., LL. D. Recent studies have shown that chronic inflammation of the tonsils is very frequently the cause of rheumatism and neuritis. 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 overlaying 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. Title cause of failing hair is failure of scale nutrition, and the non-nutrition of the scale is perhaps due to general failure of nutritian. Nature is a great exponentizer, for when the initiant elements furnished by the blood arc in-sufficient project to support the whole body she exits off the supply to parts. Holiday Candy-Nuts, Figs and Dates **Play Prominent Part in Program** (Copyright.) . THE CHEERFUL CHERUB now the'r right arm is of more Vyvettes ance than your sweet tooth. I try to help kind puts "punch" into the right rufficient property to support the whole to the bedy of a support the whole of alcohol, adding two drops the constant of the supply to parts the beast vital, like the bar and ualls, no that the beart hungs and other vital organs may be the better mourshled. In cases of severe fevers this economy is particularly motionale. The blond supply to parts distilled water. The blond supply to meter distilled water. The blond supply to meter distilled to support the whole support fitted as upport to sufficient to suitation it is weight and the parts distilled water. The blond support and a new half will take its place, unless the root is diseased or destroyed. For this reason cach present distingt and a shainpoo used the following day. This call treatment is not practical for the the control of distingt the morning cold bath with therough rubbing of the skin. The weight the untit dual should practice right of the open air and should practice regulating the morning cold bath with therough rubbing of the skin. The weight the untit is marking the set, and exercise is the open air and should practice regulating the morning cold bath with therough rubbing of the skin. The weight the untit is marking the weight the untit work and exercise is the open air and should practice the the open air and a shainpoo used the following day. This call treatment is the utilized. **Water for an Adult**Mater for an Adult Mater for an adult are should an adait person ur country's defenders! Santa Claus his for a double-barreled slo-Tomorrow's War Menu He's generous to all. I left a shoe horn United States food administrato us asking that we please MEATLESS DAY n a little this wartime Christ-BREAKFAST the consumption of holiday on our roof -Hice with Balsius Sugar and Mills Maple Syrup Our chimney's very appeal has a way of its own Pancakez Coffee small. it's addressed to the "home LUNCHEON decrease in our annual Christ-Cinamid Dividers Oratino Marmalade Grahum Rolls ndy consumption of, say, even Text ath-and that isn't asking very DISSER of the home fighter," says the Balend Fish Chowder Beer and Endive Sidiad Severa Cottings Cheese stration-"when multiplied by Rye Popovers Trune Whitp 00.000 of us will provide much regiving food to our army boys our needy allies." RAKED FISH CHOWDER. how much you perspite. 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 COMPLETE AND SERVICEABLE LINE OF MEN'S WEAR AND WOMEN'S WEAR ingers dipied repeatedly in only water, until the scalp is glowing red. This treatment should be given morn-ing and evening, and bendes the brisk rubbing it should include vibrating or moving the scalp while arcssing it firmly with the fingers. This will stimulate what more acceptable gift could EAKED FISH CHOWDER Fry a small sliced onton in a large sponful of batter; strain and refurn butter to the frying pan. Have ready two pounds of color other firm fish cut into inch squares; put into the hot butter and tase and turn until they are well coated; pack the fish in a buttered bake-dish alternately with slows of pariodical putatees. If is of batter voticed in flow. take to those over there? 59c Special Value Mark Colors ISN'T a Christmas shorn of all its moving the scale while preasing it firmly with the ingers. This will stimulate the blood vensels underneath and bring about better nouridiment of the hair. Dandruff is a parasitic disease which gradually causes a destruction of the read of the bair, allowing the hair to fall out. On account of its fendency to produce buildness the disease should never be neglected. Dandruff is gen-erally accompanied by disorders of di-gradient come debilitating disease and other conditions in which nutrition falls A quill is always stylish and two quills are twice as stylish. insalid 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 cating. One should not drink too freely at meals. cets for which the food admin-BEST quality silk; BLACK, WHITE and COLORS, Also full line of Ladies', Children's and Men's Hose, Choice and Attractive Selection of n is asking. It's a Christmas re are all sorts of substitutes." English walnuts run through a grinder. of substitute sweets. here are all sorts of substitutes." softened with lemon juice and cut into a little reminder from the con-irs of our food supply, "such as ed dates, candied ginger, fruit a and salited nuits. Not only but prunes stuffed are delicious. "Use more home-salied nuits this a but prunes stuffed are delicious." LADIES' AND MEN'S HANDKERCHIEFS Buttermilk MEN'S TIES, 50c to 65c. Will the long-continued use of buttermilk hands from the cultures of the Hulmartan bacillus result in the loss of flesh? D. F. SPECIAL-LADIES' KAYSER GLOVES erally accompanied by disorders of di-gestion or some debilitating discuss and other conditions in which nutrition falls below par. The scale should be treated by gently shampeoing with white soap and warm water two or three times a week. Λ LADIES' SHIRTWAISTS, \$1 to \$10 a but prunes stuffed are delicious. This is a than in previous years, one hour. Then brown This is a very family dob. -- Marian Harland, Different Style Traveling Bags. Special and Popular Brand of Yarns h them thoroughly, take out the Peanuts, perans or almonds, if pre-Farrel Post McPHILOMY'S, 1624 Market St. Million and slip in a big, fat, sweet pared in olive oil, will not go begging." OPEN EVENINGS EXCEPT TUESDAY AND WEDNESDAY d and see how cagerly the chilwill eat it. It is a food as well \mathbf{I}^{TS} an ill wind that blows no good, sweetment. Dried fruits, like \mathbf{I}^{TS} these who in extreme youth ino, figs, prunes and raisins, have dustriously searched through the only sugar but are highly nourlaby candy hav for a "please with a out in Raisins with nuts will delight it" and who in adolescence surrepti-SONG significant tribute to the central fact of the Church's life. What appeals to Ital-ian art lovers is the gift, which is an multi-as the feast. Every child is pre-sented with a photor east of the Na-tivity, and even in the phase of the boli-day which is joyful and essentially merry. One underlying southness is and the birth. There are builty reunions and social feature which is most sig-nificant.--Century. child, and if given with modera- tiously longed to do so Mr. Hoover's A Christmas Burglar will not prove indigestible. candy maxims will be a thing of joy A combination of dates, figs and forever! Aba ! A burgiar in the room ! I hear his stealthy tread; es slinking somewhere through the Hell THE WOMAN'S EXCHANGE gloom By youder trundle bed the creaking floor JEROME H. REMICK & CO., Prop. betters and questions submitted in this department must be written as our side of paper only and signed with the same of the writes. Executed question the those gives are uncided. It is understand that the other does not measuring inderse the section and and all communications for this draw turent should be subjected on follows: THE MAN'S EXCHANCE. Evening Public todays, Philadelphic, Pa. His fearful footsteps fall What form was that stole through the door 1028 MARKET STREET, Bingham Hotel Block And out along the hall? TODAY'S INQUIRIES OPENING EVENINGS. SATURDAY EVENING UNTIL 12 P. M. What sort of fuel gives out the most 1. Who is Madame Gabrielle Duchene? What form was that, and all in white And scarcely three feet high? What accessors for the living room a girl might give to the man to whom she 3. Name five thristmas gifts, any of which a girl might give to the man to whom she What form was that, and all in white thristmas gifts. at accessory for the living room asis a fireplace suggests itself as a sift to the home? **Xmas Gift** How can very fresh bread be cut sound strike from the strike from the fashion of today?" What is taken you from your stumbers, pray. LARGE AND SELECT LINE OF Waists CHRISTMAS The Latest and Dain-tiest Models A Exclusive Designs ANSWERS TO YESTERDAY'S INQUIRIES You came away down here because You really felt that you Must wait for Mr. Santa Claus And see if he was true? You braved the darkness unafraid. ristmastree ornaments can be at-the attached to the tree with small clathespins decorated in red creps The creps paner is cut to form the of a rose and entirels cuvers the of a cose and entirels cuvers the of the clothespins. Designs \$5 \$3 to And all its terrors grim. **POST CARDS & BOOKLETS** of the clothespins. And this long, dreadful journey made To prove your faith in film? aspensive practical gifts that can be at home for the children are crocheted a slippers made to look like kittens, points at the ton represent cars. beads the eves and a little use of adding color in yars the nose. The French Government recognizes the feminine side of its munition workers by putting fresh flowers here and there in the room where the girls work. The pleasant atmosphere sours them on to greater effort. Three gifts that would be appreciated The Sue. Prices from 1c to 50c ale whole wheat bread dried in the by our men in American camps are a fleece-lined leather trench cant, subscriptions to two or three favorite magazines or a foun-tain pen with ink tablets that make ink **CALENDARS & BOOK CALENDARS** cal dish when sugar and cream RETAILERS (Copyright 1017.)

From One in a Hospital



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with the addition of a little water.

of my dish. "I know Cream of Barley is awfully good, but he ought to have more sense. I guess I'll lick him." Buy today from your Grocer-



jumped up and tried to eat out

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

CREAM

OF

BARLEY



LARGE ASSORTMENT TO SELECT FROM

Stewart Phonograph