GOSSIP OF THE STREET

RISE IN ANGLO-FRENCH BONDS VIEWED AS PLEASING SYMPTOM

Unsecured War Issues Have Proved Best Barometer of Conditions in European Conflict—Gossip of the Street

WHAT is back of the phenomenal advance in Anglo-French bonds during the last two days? This was the question most frequently asked in brokers' offices yesterday. Some attributed it to the persistent peace rumors, saying where there is so much smoke there must be some flame. Others held that the recent liquidation of securities supposed to be the collateral supporting British loans, and as a result the early retirement of some of the British bond issues, was the cause.

In regard to the peace rumors, there seemed yesterday to be a very general impression that Germany is in a bad state financially and in a much worse one economically. One banker mentioned a letter which in some roundabout manner had come to his wife from a woman friend in the interior of Germany, in which living conditions were described as appalling in the country districts, and, while not so bad in the larger cities, were bad enough. "We," said this banker, "have been in the war only six months—if we really can be said to be in it yet—and we are meeting some inconveniences in the matter of fuel and a little in food; but while prices with us are abnormally high, we have the feeling of virtually unlimited supplies to draw from and our resources are also virtually limitless. What then, must be the conditions in the Central empires after almost four years of war, with very limited resources to draw upon? I believe Germany wants peace in the worst way and that all this bombast and rattling of sabers is to try to scare the Allies into some kind of peace; but like Germany's attempts at diplomacy, they will utterly fail." He said such a sentiment was prevalent and he believed it partly accounted for the rise in Anglo-French bonds.

The principal of one of the largest investment houses in the city said that the Anglo-French 5s are the best barometer of the war conditions. One of the reasons he advanced for this assertion was that they are unsecured and that their future depends more on the fortunes of war than any other foreign war-loan security. When conditions are in favor of the Allies, he remarked, Anglo-French 5s go up; when conditions seem the other way they go down. They are exceedingly sensitive.

Reports Concerning Next Loan Cause Indignation

There was a great deal of indignation expressed among the larger investment houses yesterday over the publication in detail of a new issue of Liberty Bonds. The report was published by a New York paper and seemed to carry with it a semiofficial stamp. It was to the effect that a new Liberty Loan of $8,000,000,000 had been arranged for in Washington, to carry 4½ per cent interest and to be issued on March 15. The statement also went into details of a meeting in Washington of the governors of twelve Federal Reserve banks of the United States, who, it was stated, had informal meetings with Secretary of the Treasury McAdoo.

The matter was a puzzle, especially to those who on Monday last had heard the Secretary, when addressing the Union League Club, state emphatically that the next Liberty Loan would be issued at 4 per cent.

It was later, when the statement of Mr. McAdoo was telegraphed from Washington denying that there would be a Liberty Loan issued on March 15 or that it would be $8,000,000,000 or that the rate would be 4½ per cent, that the indignation was freely expressed. One banker said he knew that there would be no Liberty Loan under any circumstances as early as March 15; in fact, the next loan, he said, will be held back to the last minute and may not be considered until May.

Before Secretary McAdoo's denial about the Liberty Loan came over the wire and while the 4½ per cent rate was discussed, some brokers were saying that perhaps the rate was made 4½ per cent so that arrangements could be made to compensate the houses that had given so much of their time to previous sales without compensation. One well-known broker said he had no sympathy with any concern that talked about compensation in that way. He said as far as his firm was concerned it welcomed the opportunity to "do its bit" in that way, and as a matter of fact it had received a measure of compensation already in an indirect way for what it had done and he knew they would receive more. "Why," he remarked, "I knew of one bond house in this city that said it had sold $200,000 of bonds in November as the result of information obtained during the last Liberty Loan campaign, and I am certain there are many others who could give a similar experience."

Obscurity in Treasury Department Ruling

The recent ruling by the Treasury Department that "dealers" would be permitted to consider the shrinkage in their stocks and bonds in calculating the income tax was construed by some brokers in this city as including individuals who dealt in stocks and bonds. Others assert that the ruling includes only those known publicly as dealers and that transactions must be in the nature of those of a broker rather than those of a trader.

The Treasury's ruling was not clear and the difference of opinion was quite natural. That it does not apply to the individual investor or the man who is known as a speculator would seem to be obvious, but it is felt that to make the situation perfectly clear there must be a further explanation. A few brokers expressed the opinion that the ruling will be found to apply to all classes mentioned in order to prevent further confusion.

Dernburg's Gloomy View of German Finances

That is not a happy picture of Germany's finances which Dr. Bernhard Dernburg draws for the readers of the Berliner Tageblatt. Doctor Dernburg will be remembered in connection with the vigorous German propaganda which he attempted to carry on in the United States after the beginning of the war. He was at one time an able and prominent banker in Germany and was promoted by the Kaiser to the position of Colonial Minister, where he showed marked ability. Doctor Dernburg says:

"The financing of the war has really not been effective. We have voted between $125,000,000 and $180,000,000 of new taxes, but at the same time we have lost customs duties to the amount of at least $60,000,000. We are able to balance the budget only by leaving the whole of our military expenditures out of the ordinary estimates and entering it as extraordinary war expenditure. We have new debt to the amount of $25,000,000,000, and for the service of this debt we need from $1,750,000,000 to $2,000,000,000. But in this direction virtually nothing has been done.

Water-Power Legislation Promised

In view of the report that the Committee on Interstate Commerce of the House of Representatives has decided to take up water-power legislation immediately after the holidays, some figures put forward by Hugh L. Cooper, a leading expert authority on water-power development, are of special interest from the standpoint of public utilities. Mr. Cooper estimates that if the water-powers of the United States were adequately developed it would result in a saving to consumers of at least $50,000,000 annually in their power bills, and that at least 100,000 workers would be released for war work who are now occupied mining coal as fuel for developing the electrical energy which could otherwise be produced by water-power.

Including men employed in the handling of coal by the railroads and men otherwise required for the labor involved in utilizing this fuel, Mr. Cooper estimates that a net saving in the way of labor of all kinds would be possible of approximately 740,000 men. A policy toward water-power development which would permit the employment of capital in this field under equitable conditions is being strongly urged by leaders in the public utility field.

Financial Briefs

Owing to increasing business, the Federal Reserve Bank of Philadelphia has appointed W. J. Davis assistant cashier. He has had charge of the accounting work of the Liberty Loan. The bank now has three assistant cashiers.

The New York Subtreasury gained $161,000 from the banks yesterday.

It is understood that as a result of the conference in New York an agreement has been reached with the McFadden minority stockholding interests in the Hale & Kilburn Manufacturing Company, and that they will join in recommending to the stockholders adoption of the pending reorganization plan, which is to be amended in certain particulars.

Arlington Mills Pays Special

BOSTON, Dec. 22.—The Arlington Mills have declared a special dividend of $2 a share, in addition to the regular quarterly disbursements of $2 a share, both payable January 2 to stock of record December 31.

CLOSING LIVE STOCK PRICES

CHICAGO, Dec. 22. — HOGS—Receipts, 14,000 head. Monday, 33,000 head. Market 15c to 20c higher than yesterday's average. Bulk, $16.20@16.75; light, $15.60@16.70; mixed, $16@16.85; heavy, $16.30@16.85; rough, $16.05@16.20.
CATTLE—Receipts, 4000 head. Market steady. $14.35.
SHEEP—Receipts, 10,000 head. Market weak. $13. Lambs, $16.35.

SOUTH OMAHA, Dec. 22.—HOGS—Receipts, 4800 head. Ten to 15c higher.
CATTLE—Receipts, 250 head. Nominal.
SHEEP—None.

KANSAS CITY, Dec. 22—CATTLE—Receipts, 1000 head. Steady.
HOGS—Receipts, 2000 head. Ten cents higher.
SHEEP—Receipts, 1000 head. Steady.

Cotton Buyers and Sellers

NEW YORK, Dec. 22.—December—Russell, Mitchell and Schill bid; Heinz offered.

January—Newman, Shanz, Mitchell and Cardoza bid; Russell, Heinz and Hyman offered.

March—Newman, Freeman, Brooks, R. Hubbard and Beardsley bid; Martin, Rountree, Wilson and Newman offered.

May—Dennis, Munds and McFadden bid; Mitchell, Heinz, Beardsley, Parrott and Schiffer offered.

July—Freeman offered.

October—Freeman offered.

MAKE THIS CHRISTMAS A "BOOKMARK" DAY—HOLIDAY COOKE

MERRY XMAS IN SOME HOMES JUST MEANS AN EXTRA SLEEP

With No Family Reunion Time Occasionally Drags—Advice Is, Gather in Some Youngsters Who Need Santa

CHRISTMAS dinners are like bookmarks—long after we have finished the chapter, like these little bits of colored ribbon, the memory of them remains. All the way back to as far as we can remember life counts itself by means of Christmases.

And some persons' bookmarks are gray. In spite of the fact that December 25 is supposed to be a nationally happy, festive home day, in a great many homes—and this is the honest confession of the members of the household—it is not that way at all. It is a dreary day and they are glad when it comes to a close. It isn't dreary on account of sorrow; it's just that way on general principles.

CAN'T Christmas be jolly for everybody? Lately a secret but quite frank analysis of this was elicited from a few of the persons who are glad when it's all over. Everybody's answer seemed to be about the same.

"Well, you see," it ran in general, "there's no one but the family here on that day and we can't seem to be able to rouse any enthusiasm about each other. We know it's a home day and we shouldn't go out, and so we don't. Well, about 3 o'clock one by one we sneak off upstairs and take a nap. That's allowed, and there you are; that's our merry Christmas."

A GOOD old-fashioned family reunion on Christmas Day always insures its success. But some persons have nobody to "reunion" with. These, as a rule, are the ones who sleep through their merry Christmas.

Christmas should be happy. It's one of those supreme days out of which we take just about as much as we put in.

Sleep when there are children's faces to watch? "Ah, that's the rub," will echo our sleepers; we have no children. No, but other people have—poor people. Telephone a church, the social service department of a hospital, the Society for Organizing Charity, they will find some Christmas children for you. Adopt some for a few hours of your day. If you can't bring them to your house go to theirs. The sight of a little girl bending over a baby doll is worth all the trouble you may ever take.

No matter who you are, you can't be unhappy or bored on Christmas if you have made a child happy. Let this December 25 be a worthwhile bookmark day!

THE CHEERFUL CHERUB

I love this life with
all its strife.
I love its joy and
woe
And through my days
a song of praise
Heart-singing
I shall go.

THE WOMAN'S EXCHANGE

Letters and questions addressed to this department must be written on one side of the paper and signed with the name of the writer. Special queries has their name below are invited. It is understood that the editor does not necessarily endorse the sentiment expressed. All communications for this department should be addressed to Editor, THE WOMAN'S EXCHANGE, Evening Public Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. How can one that has become hard and sugary be made quite smooth?

2. In seasoning vegetables with bacon what will extend the flavor of the bacon?

3. How can rusty black silk be renovated at home?

1. What is a hostess house?

2. Is it proper to tender thanks for a gift over the telephone or must one do so in writing?

3. After the hair has just been washed what will make it easier to dress?

ANSWERS To YESTERDAY'S INQUIRIES

1. The flavorless taste often found in freshkilled poultry is caused many times by its being packed in ice. The ice melts and the poultry become water soaked. For this reason, it is more economical in the long run to buy drychilled poultry.

2. To sugar doughnuts place in a paper bag with a little powdered sugar and shake. It will be found that less sweetening will be required and the doughnut more evenly covered.

3. Salted peanuts are 8 per cent higher in muscleforming or protein food value than salted almonds. The almonds contain 1 per cent more fat, but 9 per cent less "heat-and-work-power" food properties.

1. More than 10 per cent of the married women in the United States are engaged in gainful occupations.

2. Five feet one inch is the average height of the women of France.

3. The little girl's barrel coat is so called because its fullness is drawn by means of bands that look like staves and give it the appearance of a barrel.

New Year's Menu

To the Editor of Woman's Page:

Dear Madam—Will you kindly publish a menu (not too elaborate nor too expensive) for seven persons at a New Year's dinner? Also, will you tell me how seasoned the tobacco cane can be used? They are perfectly good and it does not seem right to waste them and I do not need them.
(Mrs.) J. M. A.

Roast goose is rather a typical New Year's "bird." I have used it as the main course in the following menu. You may substitute chicken if you prefer or if you find it difficult to get:

First, tomato soup with croutons; second, roast goose, stuffed with mashed potato and chestnut dressing, apple sauce, glazed sweet potatoes, cauliflower au gratin; third, endive salad with pimento dressing; fourth, pumpkin pie or orange sherbet, with small cakes; fifth, coffee.

The cauliflower is cooked with baked cheese and bread crumbs. The pimento dressing is made by mixing a half cupful of canned pimentos, mashed, to a cupful of mayonnaise. Add more seasoning, too.

You could sell the cans to a scrap-iron man and give the proceeds to the Red Cross or you could use them about the house. Painted, with a few holes punched in the bottom of them, they would make good flower pots. Many institutions that collect old papers, etc., might like to have them to sell.

The Odor of Tar

To the Editor of Woman's Page:

Dear Madam—I have recently removed into a new house (November 7) and in the brightest, cheerliest room a strong, constant odor, similar to that arising from oakum or tar, is noticed. To me the odor is very offensive. Can you advise me what to do to remove it? Any information that you may give me will be greatly appreciated.
E. H. Y.

Freshly burned charcoal absorbs odors better than any other agent. If the odor is from something that has been removed the pieces of charcoal left in open dishes about the room will rid you of it permanently, but if it is caused from some materials used in the building of the house—tar paper, for instance—you will have to continually keep the freshly burned charcoal there in order to keep the room odorless. It hardly seems possible that the odor comes from building materials, as you would then find it in all parts of the house. It might, of course, be from the paint used in just that one room. It hardly seems possible that the odor of materials that were removed could have lasted this long. Why not ask the builder about it if this does not help you?

Buy charcoal from the grocer or coal dealer. It need only be comparatively "freshly burned." The object is not to use it when old.

Creamed Squash

To the Editor of Woman's Page:

Dear Madam—Will you please print as soon as possible the recipe for making creamed squash?
HOUSEWIFE.

Peel the squash and cut into dice of uniform size. Boil in salted water until tender, but not broken. Drain carefully in a collander and keep hot while you cook together two heaping teaspoonfuls of butter and the same quantity of flour until they bubble. Then pour upon them a cupful and a half of sweet milk. Stir until smooth, turn in the squash dice, season liberally with salt and pepper and serve.—Marion Harland.

Piece for Little Boy

To the Editor of Woman's Page:

Dear Madam—Will you please print in your column a piece that a little boy of five could speak in an entertainment at a party to be held until after New Year's, but I would like to have it as soon as possible, so that I can start to teach him. The poem must be short. He is a sturdy little fellow and could act the piece.
MOTHER.

Here is a little piece by Burges Johnson that he might act with a broomstick or hobbyhorse stick:

THE RIDER

We've rode a thousand miles or more,
My horse and I across the floor;
And when I've gone another mile
I'll maybe let him rest awhile.

My mother thinks this horse by far
The best of all the steeds there are;
For though I gallop all the day
I don't get very far away.

Here's another, called "Soap Bubbles," by the same author. He might have a bubble pipe and bowl of suds in his hands as he speaks:

If I knew magic and could do
Just anything I wanted to,
I'd blow a bubble strong and wide
Enough for me to get inside.

We'd sail far up into the blue
And when it burst and went away
I'd visit, for a day or two,
The place where vanished bubbles play.

Send Flowers and Candy

To the Editor of Woman's Page:

Dear Madam—I am a young man and my home is not in Philadelphia. A friend of my mother has invited me to her home for Christmas Day. She is rather a stranger to me, as I have only met her and her daughter twice. Do you think I could send them a Christmas present, and if so what?
HENRY.

Yes, I would send a present to each of them. A dozen roses to the mother and a two or three pound box of fine candies to the daughter would fill the bill.

Proper Clothes for Trip

To the Editor of Woman's Page:

Dear Madam—Will you please tell me the proper clothes to wear on a two weeks' trip to Florida in February? I do not intend stopping at one place, for as I will be sightseeing I will be on the move all the time. Would a satin or taffeta suit be appropriate under a topcoat? And will you also suggest the materials and way to make a wedding dress for a 6 o'clock home wedding?
M. R. S.

A sports suit would be the most correct thing to wear for traveling—that and a sports hat. It would be well to take also a taffeta frock, a light georgette gown, an evening frock (preferably black) and several white skirts and waists. You would need also a pretty sweater and white shoes and stockings. If you wear a sports hat it would be well to take a dressy one in your trunk for afternoon. The one black evening frock will do for dinner at the big hotels and will keep fresh for the whole trip, and with two fussy frocks for afternoon you should have all you need. Take with you for the trip, besides your handbag for traveling kit, a topcoat, which may be used for day or evening.

A pretty wedding gown might be fashioned of charmeuse or peau de sole. Make the skirt rather short and full over a lace petticoat. If the lace on the dropskirt or petticoat is handsome, drape the silk a little to reveal it. Use georgette crepe for the sleeves and open neck. It is better taste not to have the dress very decollete.

The bodice might be made on surplice lines. Why not send me a self-addressed envelope and write me a description of your coloring, height and figure I will be glad to pick out a picture for you which would probably be suitable and give you a better idea of what to make.

PATSY KILDARE
By JUDD MORTIMER LEWIS

No Hits Scored

TOMORROW is the big relay race and I am going to be there. I said to my father this morning when I had made his coffee and stirred and flopped his pancakes that I wished I was a boy. He hugged me in both his arms and said he was glad I am a girl. I am glad too, for I only wanted to be a boy long enough to run the race, but I am glad I am not and I am glad my father is glad I am not.

When I prayed last night, I asked my mother to be at the race tomorrow and fly low so she would be near me. I told her I would throw mud up in the air and when I hit her I could see the muddy place. So after school today I went down to a muddy bank of the river near the bathhouse that Jim built for me last summer and I stayed there till dark practicing throwing mud at angels. At first Rowdy thought it was some kind of a game, for he jumped around and barked, but after he took a good look at my face and saw I was in earnest he went and lay on the bank and kept out of my way. Before I threw any mud I said as loud as I could, "All angels will please keep their eyes shut." Then I began to throw, but I did not hit one. I threw another handful and missed again.

Then I said, "Dear mother, if you are anywhere around please get in my way so some mud will land on you." But I suppose she was not around, for none of the mud landed. I knew she would have got in the way after I asked her to if she had been there. I did not blame the other angels for dodging, for nobody, not even an angel, wants to get all over mud to please a strange little girl, but I tried to land on them, anyhow. I took mud in both hands and threw it over my shoulders so quick that they could not see which way it was coming from and be ready to dodge, but none of it hit on them. After a while, I got kind of tired and sat down in the mud and made mud pies.

By that time it was dark and we went to June's and her doctor's to see how draggy foot was getting along. She was hollering for water and was very sick and her lame leg stuck out across her body. The doctor said it was fast in plaster of paris and she would not be able to use it for half a year. Then I told him that he had said six months in the first place and he said six months is half a year, so I learn something almost every day. All the time draggy foot was moaning, and June's father was sitting by the bed looking very sorry, and June was looking sorry and draggy foot was asking for water, which they would not give her and would not leave the room so I could sneak some to her. They said it would be very bad for her because her lungs were full of chloroform.

The doctor stayed in the room with draggy foot lying on a couch he had brought in. I am going to sleep with June. The doctor came in while we were sitting on the edge of the bed and said, "Where have you been?" I said, "I have been throwing mud at the angels. What's it to you?" He said, "What did you say?" I said, "I was down by the river throwing mud at angels." Then I explained some more and he hollered and laughed so loud he started draggy foot yelling again and had to go to her.

Tonight I prayed, after June and Rowdy and I had kneeled down, "Dear mother which art in heaven, if God knows anything to make draggy foot close her face I wish you would ask Him to get busy. Don't forget that the big race is tomorrow. You ought to be there, for it is going to be fine. Ask God to bless you and my father and every one in this house, including Rowdy. Amen."

"Return of Imogene," the next Patsy Kildare adventure, will appear in Monday's Evening Public Ledger.

RUNNING WATER for ½¢ a Day

Neptune Water Supply Systems
solve the problem of economically providing an abundance of running water under high pressure for country homes, farms, clubs and all other places not served by city water mains. Require little attention and operate for half a cent a day. Provide ample fire protection. Easily installed. Write for booklet No. 38.
FLECK BROS. Co.
Plumbing and Heating Supplies
Display Rooms
Plumbing, 14 to 50 S. 5th St.
Heating, 506 Arch St.

IN THE MOMENT'S MODES

Coat Suit Designed for Stout Women

Here is one of the new long-coat tailored suits with lines particularly friendly to the stout woman. At the same time its designer has managed to incorporate in it the smartest touches of the season's coat suit modes. The material is midnight-blue velvet and the trimming is beaver fur. The pointed outline of the coat skirt helps to accentuate the height of the wearer. The narrow girdle fastens itself through a slit in front in belt fashion.

RELIGIOUS NOTICES

Baptist

CHESTNUT STREET BAPTIST CHURCH
Chestnut st. west of 16th
GEORGE D. ADAMS, D. D., Pastor
9.15 a. m.—Brotherhood of A. and P.
10.30 a. m.—Christmas Service. Special Music.
7.45 p. m.—Worship and Sermon by Pastor. Theme: "He Awoke."
2.30 p. m.—Bible School.

Lutheran

MESSIAH, 16th and Jefferson sts.
Prof. Abdel Ross Wentz, Ph. D., D. D., Gettysburg, will preach.
10.30—Morning Service. Subject, "Who Is Christ?"
2.30—Bible School.
7.45—Christmas Service and Pageant. Your presence is earnestly desired.

Presbyterian

SECOND PRESBYTERIAN CHURCH
21st and Walnut sts.
MINISTERS
Rev. ALEXANDER MacCOLL, D. D., Rev. WINTHROP R. GREENE.
REV. ALEXANDER MacCOLL, D. D., will preach at 11 and 8 o'clock.
Christmas music by mixed choir of 25 voices. Lindsay Norden, leader.
Sunday morning:
Tenor solo, "Voices of the Sky," Matthews.
"The Bridegroom Cometh at Midnight," sight parts, a capella, Rimsky Korsakoff.
Carol, "'Tis Christmas Day," old Welsh melody.
At 7.45 p. m.:
Bass solo, "O Holy Night," Adam.
Carol, "Lo, How a Rose," four parts, a capella, Praetorius.
Carol, "The Sleep of the Child Jesus," four parts, a capella, Gevaert.
Carol, "Cradle All Lowly," Gounod.
Duet, soprano and alto, "The Virgin at the Manger," a Francis.
"Praise Ye the Name of the Lord," sight parts, a capella, Nikolsky.
Vesper carol, "Holy Night," folksong.
Sunday school at 9.45 a. m.
Visitors always welcome.
SERVICE CHRISTMAS DAY AT 11, WITH SERMON BY DR. MacCOLL.
SOLDIERS AND SAILORS ESPECIALLY WELCOME AT ALL SERVICES.

BETHLEHEM, Broad and Diamond sts.
Rev. JOHN R. DAVIES, D. D., Pastor.
The Pastor will preach Christmas Sermons at 10.30 a. m. and 7.45 p. m.
There will be special Christmas music at each of these services.
6.45 p. m.—Y. P. S. C. E.
2.30 p. m.—Sabbath School Christmas Festival, Thursday, Dec. 27, a very interesting program.
Everybody always welcome.

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 making diagnoses or prescribing for ailments requiring surgical treatment or drugs. Health questions will be promptly answered by personal letters to inquirers who inclose stamped envelopes for reply.

By JOHN HARVEY KELLOGG, M. D., LL. D.

Muscle Strains

A STRAIN is an overworked muscle, and in severe cases the muscle tissue may be torn. This usually is accompanied by the escape of blood into the surrounding tissue and will cause varying degrees of swelling. Strains are usually of the muscles associated with the joints, those of the wrist, shoulder, back, knee and ankle being the most frequently injured; the strain is caused by overexertion as in pulling, sudden wrenches, lifting or pushing heavy objects, horseback riding and jumping.

The symptoms are immediate pain, which may persist for some time, according to the degree of the damage done; a certain amount of swelling usually occurs, and if there is much hemorrhage there will be considerable swelling; later, stiffness and lameness occur when movement of the injured part is attempted, and pain increases on movement.

If there is any doubt whether there is a severe sprain or a broken bone, the doctor should be called, otherwise it is not always necessary. Elevate the part, keep it absolutely quiet and apply cold compresses to control the hemorrhage and swelling; later apply very hot fomentations, which usually relieve the pain to a great extent. Camphor, alcohol, witch hazel, arnica, chloroform liniment, etc., are all useful if rubbed on and not confined by bandages. At the end of twenty-four hours alternating hot and cold applications may be used to relieve the soreness and stiffness. This should be continued twice a day or more often and combined with gentle massage or friction; use a little more vigor each day in giving the massage until recovery is complete.

Diet for Nervous Breakdown

What diet would you prescribe for a tousness man of fifty who has had a nervous breakdown?
R. E.

A diet consisting chiefly of fruits and vegetables. Eat bread rather sparingly, substituting potatoes. A moderate amount of cream and breakfast cereals may also be used. This diet furnishes phosphates and iron in abundance, and aids in keeping the bowels active. The diet should be so regulated as to secure three bowel movements daily.

Soreness in Chest

Please give cause and remedy for soreness in upper part of the chest, also under the shoulder blades and in the back.
LUX.

A very common cause of pain of the sort described proceeds from the stomach or an ulcer of the duodenum. The case should be investigated by a competent physician. An X-ray examination of the stomach and chest should be made.

Food for a Delicate Baby

What is the best food for a frail baby when the mother has no milk?
R. F.

Every effort should be made to secure a wet nurse. The flooding of market with baby's food and the more accurate knowledge of how to modify cow's milk to meet the needs of the human infant have produced scarcity of wet nurses. It should not be forgotten that woman's milk is especially fitted for the needs of the human infant. The physician should select the wet nurse, who must be in good health and free from any blood taint or trace of disease.

(Copyright.)

Tomorrow's War Menu

BREAKFAST
Stewed Figs
Omelet with Kidney Sauce
Toast Coffee

DINNER
Scotch Broth
Roast Chicken Potato Dressing
Creamed Turnip
Spiced Cucumber Rings
Escarole and Beet Salad
Individual Apple Rolls

SUPPER
Potato Salad
Peanut Butter and Graham Bread
Cocoa Cookies

RELIGIOUS NOTICES
PRESBYTERIAN—Continued

ARCH ST. CHURCH, 18th and Arch.
Rev. CLARENCE EDWARD MACARTNEY, D. D.
10.45—"Jerusalem—The Fall of the Old and the Rise of the New"—An Advent Sermon.
12.00—Christmas Exercises by S. S.
8.00—"The Sin No Eye Ever Saw." Tenth in series, "Sins That Don't Count with man's." Christmas music. Alton K. Dougherty, organist and director; Miss Florence Lewis, soprano; Miss Elizabeth Dickson, contralto; Mr. Royal MacLellan, tenor; Mr. William O. Miller, bass. Carols at morning service by chorus; Mrs. Denlevy Williams, harpist; Mrs. Harry Morris, cellist.

HOPE, 33d and Wharton sts., Rev. J. GRAY BOLTON, D. D., Minister—10.45 a. m., Rev. George P. Avery, subject, "Good Will Toward Men"; 7.45 p. m., Doctor Bolton, theme, "The Remedy for the World's Misery."

Protestant Episcopal

ST. JAMES'S, 22d and Walnut sts.
The Rev. JOHN MOCKRIDGE, D.D., Rector.
8.00 a. m.—Holy Communion.
11.00 a. m.—Morning Prayer with Sermon.
4.00 p. m.—Evening Prayer, with Bach's Church Cantata, "Sleepers, Wake."
9.45 a. m. and 2.45 p. m.—Sunday Schools.
Weekdays—Tuesday, Christmas Day, Holy Communion, 7.00 and 8.00 a. m.; Morning Prayer (plain), 10.30; Holy Communion with Sermon, 11.00. Wednesday, Thursday and Friday, Holy Communion, 7.30 and 10.00 a. m.
Wartime prayers each day at noon.
Strangers always welcome.
The church is open every day.

ST. MARK'S CHURCH
Locust st. between 16th and 17th.
Holy Communion, 7, 8; Morning Prayer at 10.30; Choral Eucharist, 11.
Musical Evening Service at 8.
Organ Recital, 7.40.
Anthem, "The Wilderness," S. S. Wesley.
Christmas Day:
Choral Eucharist, 10.30.
"Mass of the Sacred Heart," Gounod.

Unitarian

FIRST UNITARIAN CHURCH
2125 Chestnut st.
Rev. FREDERICK R. GRIFFIN, Minister.
10 a. m.—Sunday School. Special Christmas Service.
11 a. m.—Mr. Griffin will preach on "Christmas Stars for the World's Night."
Anthem: Musette, Ancient Christmas Song; "O Come, Redeemer of Mankind," J. S. Wesley.
8 p. m.—CHRISTMAS CAROL SERVICE, in place of a sermon Mr. Griffin will read a group of old English carols.
MUSIC FOR CHOIR AND CONGREGATION
Christ, When a Child, a Garden Made, Tschaikowski.
Mid Ox and Ass in Humble Shed, Gevaert.
Collection.
From Heaven Above to Earth I Come, Martin Luther.
The First Noëll, Traditional.
Silent Night.
Adeste Fidelis, Traditional.
O Little Town of Bethlehem, Redner.
It Came Upon the Midnight Clear, Barnby.
Philip H. Goepp, Organist.
Tuesday, December 25.
11 a. m.—Morning Service, with Sermon.

UNITARIAN SOCIETY OF GERMANTOWN.
Chelten ave. and Greene st.
Rev. ROGER S. FORBES, Minister.
11 a. m.—Christmas Service and Carols. Sermon by the Minister.
4 p. m.—Christmas Vespers. All welcome.

Miscellaneous

ANTI-SALOON LEAGUE—Dr. HOMER W. TOPE is planning to hold three Ratification and War Prohibition meetings in this city soon.

WINTER RESORTS
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ATLANTIC CITY'S NEWEST FIREPROOF HOTEL
On the ocean front. Offers unusual attractions during the Autumn and Winter Seasons. Luxurious cabins, spacious verandas, sun parlors and superb music. A palatial residence for those seeking rest and recreation. Bookings now being made for the Christmas and New Year's holidays. AMERICAN AND EUROPEAN PLAN. Garage with accommodations for chauffeurs.

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A. J. MURPHY, Manager.
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JACKSONVILLE, FLA.

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HOTEL OSCEOLA Under new management. Clean, comfortable, moderate. Hot and cold water in every room. Private baths.

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HOTEL GRANADA On main cut. Ponce de Leon. Rm. Rates. Pvt. baths. Amer. & Euro. J. S. Baker, Pres.
THE BENNETT Pvt. bath. Steam ht. Overlooking bay and ocean. Nr. Old Ft. Marion. Bkt. R. M. Bennett.
THE MONSON Overlooking bay. Fireproof. Newest hotel in Ancient City. Steam heat. 60 private baths.

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Palm Villa Hotel Facing St. Lucie River. Best fishing and hunting. Mod., homelike. Write for booklet.

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Hotel Paramount Absolutely fireproof. European plan. Light and running water in every room. Few blocks from bay. Golf, fishing, bathing.

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HOTEL PALMS New modern hotel. Overlooking Royal Poinciana and Lake Worth. American plan, $3 per day up. Booklet.

SEA BREEZE, FLA.

THE RAYMOND Facing Hotel Clark. Steam heat and running water in rms.; pvt. baths. Cir. North, south.

CLEARWATER, FLA.

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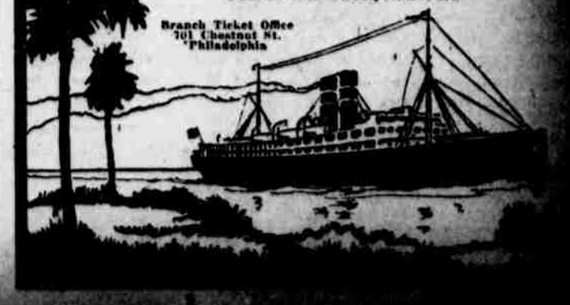

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