## MUST MIDDLE AGE FALL HEIR TO FLESHINESS?: RECIPES A HOME-MADE DRIER

ADORN THIS FROCK

## WHY MANY WOMEN GROW FAT GRADUATING BANDS WHEN THEY GET TO FORTY

Contrary to the General Opinion, Middle Age Does Not Naturally Take on Flesh-An Accumulating Income Allows for Too Much Ease and Food

a neat little bomb under that the- being "it's natural to grow fat.

nothing but lack of exercise. It has stitutes the duity vacation ball been said that in England now there Swimming to be efficacious as a re-

mirror of the department store window. Perhaps it is the dress that makes her look fat, she decides. But the experience repeats itself until finally the woman who is forty studies herself carefully in the privacy of her own room. She faces the fact carefully in the privacy of her own room. She faces the fact carefully in the privacy of her own room. She faces the fact carefully fact.

Then about the carefully in the privacy of the body is respectable for landing most of us under

TODAY'S INQUIRIES

1. Are boarding, lodging and tuition free in the army nursing school recently organized by Surgeon General Gorgas, of the United States arms?

1. Is a high school education required to enter this nursing course?

2. How can the goldfish how help to make a very attractive table centerpiece for the summer laucheon?

3. What is a radiating plate and oven?

3. What should vestables, unless they are shriveled, never be sonked?

4. What will make tough and old vegetables sweet and tender?

What Is a Manuscript? To the Editor of Woman's Page:

Dear Madam—I lose to write stories as excellent in composition. Should a manuscript be traveritien? By the warfust what is a manuscript—ordinary paper know I seem duly

I know I seem dull.
What kind of stories sell hest What kind of stories sell hest What 5. Dip kind hay hest? Should I try a neper or magazine first?

A manuscript should be typewritten if

it is at all possible, as it is irritating to try and make out handwriting. If you write longhand he very clear and leave wide spaces between your lines. In

Finding Man in Navy

To the Editor of Woman's Page:

Dear Madam—Please tell find my cousin, who enlist last apring. Tell me to

IN ONE of the current magazines love of ease that middle age craves Dr. Robert H. Rose extends the and feels it has earned comes to the line of hope to those who are fair and forty and getting fatter. Doctor Rose into oblivion, the argument invariably

sets a neat little bomb under that theory that folks just naturally grow fatter as they get older. He says they
simply don't—that is, not naturally.

This eminent physician tells us that
by all the laws of nature there isn't
an earthly reason why we should weigh
more when we are fifty than when
we are twenty. According to Doctor
Rose, middle age takes on flesh because

its accumulating income allows for large doses of ease and highly stimulating food, which tempts one to eat swimming is excellent and by this is more of it. not meant the mere jumping up and Of course, large doses of ease mean down in the surf that to so many conare virtually no fat women, and this ducer, must be gone in for with is traced to the wholesale plunge of regular strokes. It is very east for Englishwomen into hard work. This a middle aged woman to learn how rather bears out Doctor Rose's assert of swim if she makes up her mind to do it. Once the stroke is nequired THE middle-aged woman does not feel herself sliding into lethargy—one fine day she finds herself slightly troubled as in passing she looks in the middle-aged one has not let too mirror of the department store window. Perhaps it is the does that it is only a matter of faithful peace

Then about the same thing always appens. A few weeks of wild hectic the sod at far too early an age. Getting a staryation program which the solution and according to the solution. happens. A few weeks of wild, hectic exercising a starvation program which always results in periodic meals that totally eclipse in quantity and quality any that would have come in the natural course of events if there had been no starvation.

For a while this goes on. Then that This charming little frock comes in blue taffeta and blue georgette. Graduating rows in bands of taffeta on the skirt and sleeves are a win-

some feature. The girdle is elaborately embroidered across the front with little flowers made of THE WOMAN'S EXCHANGE different colored yarns. The reveres on the bodice are finished with tiny silk buttons

# YESTERDAY'S ANSWERS

Tiny bent candy tongs form the legs of tables and little brass screws make faucets.

Dipplies matches in paraffin makes them waterproof and does not affect their striking.

Centher fennis is a game played with old-fashiond down feathers and a cord field long enough to stretch across the room. The object of the game is for the two sides, by means of blowing, to make the feather land in the opposite court.

These two good people had the old-

Cross, Washington, this gentleman can find out about your boy. We who feel for the mothers these days hope you get

Take Her.

"Well, you put it away. I'm sure of that, and you ought to know where it is;" asserted his gentle wife, with unusual decision. She was generally quiet, but now sile was decidedly ruffled. "I haven't touched it," she went on.

PATENT LEATHER HAT

At last, quife wearled with his fruitless told, parting and dazed, he stood still in the front half, scratched his head and the day to think, for he haired to give it

BANDS ARE WHITE

He was gazing absently at the hat tree was tall, reaching nearly to the celling. In the back of it was a glass. On either side of the glass was a network of filagree work, with open spaces between. The patier of the hall was dark, about the color of the woodkork of the hat tree.

The Story of the Girl Who Was Left Behind By HAZEL DEYO BATCHELOR Copyright, 1918, by Public Ledger Co.

Ruth Rowland, a popular young American girl, is loved by Scott Raymond and Jack Bond. She promises to marry Bond, Both men are drafted. Bond is exempted because of a slight physical defect.

marry Jack Bond, she awoke in a different frame of mind. Everything had come out so beautifully that she could afford to laught as she looked back on Bobbie, who was eating paneakes over it the cookstove, and this heated air is just what is needed for drying vegetables and fruits. If there is a shelf back of the stove, paper may be placed, and products to be tried spread over it. afford to laught as she looked back on her worries and fears of yesterday. She was eagaged to be married, perhaps very soon, and if she were frivolous and happy now, surely she owed it to herself at a time like this.

Mrs. Rowland took the news quietly

Martha grinned, and Ruth slipped into as design a convenient means of suspension. Wire window screening may be used fo the bottom but it is not as durable as the grinned as durable as the grinned as durable as the grinned.

Mrs. Rowland took the news quietly would marry some day, she was glad that her choice happened to be a quiet, sensible man like Jack Bond Mrs Rowland was not given to imagination, she laid was not given to imagination, she lid not approve of too much idle dreamling about romance, she approved of Jack added, trainingly: "You see, people are line while suspended. A portable over also makes a good too stave drier. It can be easily turned too stave drier. It can be easily turned to sides and ends 2 inches. A series of these, each base raised about 4 inches above the base below, may be fast typed to start the base below and the while suspended. A portable over also makes a good too stave drier. It can be easily turned s spect that she no more understood what was lying deep buried in the soul of her daughter than if that young wo
"Yes, and falling out again after commission will be glad to answer any question written on one side of the paper and sent in a self-addressed tsamped warthan always pretended to have a

of her frequent headaches, and Ruth, ecy. utting aside her own exuberant feelings mother's forehead with even rhythmic bis seventh paneake.

I was in such a tempest."

proted it today."

her own youth, often felt that her "They're all jealous." she said to hermother liked the consolation and symself, sagely. "Mother is jealous because the technical questions will be answered in this column. The most interesting probpathy that one of these headaches evoked her time for loving is over. Martha is

"Oh, mother," Ruth remonstrated, "I'm "Always be sure you know the difference," said Mrs. Rowland, cryptically. "Now run along and have your breakfast, dear, and ask Martha to bring me s cup of tea and some dry toast."-

"Little pig." laughed Ruth, set ing wire or cords brought together from the

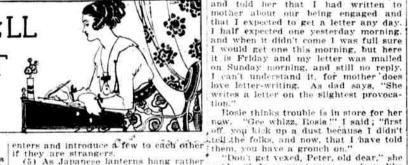
enough. She had suspected how things her place. "Mother has a headache, were going, and conscious that Ruth Martha," beginning on her fruit, "You would marry some day, she was glad know what to take here, don't you? And

ing about romance, she approved of Jack added, teasingly: "You see, people are Bond's cenendability, and did not even still failing in love and getting mar-

man had been a total stranger. How Martha always pretended to have a ould Mrs. Rowland know it, when Ruth perpetual grouch, and Ruth had not expected her to enthuse over the news, Martha brought in some long-stemmed but she had not expected a remark like the National war garden comm es before Ruth was dressed, and Ruth that, either. How disagreeable every carried them into her mother's room for one was; first her mother with her re- about canning and drying each fruit inspection. Mrs. Rowland lay in bed with mark about being in love with love, and and vegetable. Histrations a handage over her eyes. She had one now Martha with her horrid old prophinspection. Mrs. Rowland lay in bed with mark about being in love with love, and and vegetable

"I know you're glad, though, aren't for the time being, slipped the roses you. Robbie?" she said, turning to her tito a vase and began to stroke her small brother, who was just finishing

Bobby stopped to wipe his mouth de-"I think I excited you too much last liberately before answering, then he night, Mumsie dear," she murmured. "Al- flung this amazing remark at his sister: though you took it caimly enough, and "Oh, I don't know. I like Scott Raymond better. But then you girls never "No, dear, your news pleased me very do know what you want, anyway." And much," Mrs. Rowland said faintly, "but I with this scathing indictment, Bobby was about due for a headache. I ex- slid down from his chair, leaving his sister to console herself as best she



Dar Madan-Please tell pine how i. combined the prince of t

however, I felt much better. L guess I'm an optimist—think things will come

## The Heart Hunters

Author of "Hunting a Husband"

**FURNITURE** 

## because of the sloppy looks of his U.S. WORLD'S RICHEST "I've got to carry my rate book, haven't I? And I have to carry some of TO USE ON STOVE our dope sheets and some application blanks. You don't want me to walk around with a bunch of that junk in my

fist, do you?"
"No," said Goldman; "but you don't This Utilizes the Heat From need to carry a month's supply with you. Go through your pockets now, and see what you have that you can leave at the Top of It That Goes to Waste

D. C.)
There is beated air constantly rising

This contains detailed

BUSINESS CAREER

Harold Whitehead

"There's nothing I can dispense with."
"I'll just bet a five-spot that if you'll

(Director, Department of Household Science, National War Garden Commission, Washington, empty your pockets on my desk you'l find that you could leave two-thirds of it behind."

"No; you won'," Goldman said. "You can't afford to lose a five-spot, but if 25 per cent of the stuff you have in your pocket can't safely be left at home I'll give you a \$5 bill." from the top of the cookstove, and this

over it. A try with sides two inches high and bottom of galvanied wire netting may be suspended over the stove, empty his pockets. He had two handkerchiefs, one clean and unopened, the other soiled,

> the clean one," Goldman laughed. Say, would you believe it, that guy had twenty-seven different kinds of folders about insurance in his pockets.
>
> Goldman showed him that five was

as durable as the galvanized netting.
A tray may be made entirely of galvanized wire netting turned up at the

woman's Page of the Evening Public as big as your thumb nalt. And letters—say he had an awful unch of letters. LEDGER for the freemanual issued by

"Those certainly could be left at home," said Goldman, and the fellow

had to have; he buys them five for a Yes, and look at them," grinned Goldman. "He carries these around in his pocket and three of them have their wrappers busted off. Why don't you go

A Story of Salesmanship by Well, he had three boxes of matches a checkbook——
"Cehckbook's a fat lot of use to you on your trips isn't it?" commented Gold-

He had a little money, probably two or three dollars at most; a bunch of toothpicks, a theatre program and a little booklet advertising an uptown

your five bucks," Goldman grinned.
"I suppose so, if you say so," the agent

excited for I was over there last night and told her that I had written to mother about our being engaged and to see a person going through a whole bunch of papers to find the particular one he wants.

bet the first fellow I clap my eyes on will be as badly off as you."

I pulled out my watch and said, "Gosh, all hemlock. I have an appointment Good-by, fellows."

As I went through the door I heard Rosie thinks trouble is in store for her

TODAY'S BUSINESS EPIGRAM

toy; it is the ONLY policy.

What does this mean to YOU?

Branch Offices Now Located at Two Railroad Terminals

The Pennsylvania division of the Government employment service of the a bunch of sob stuff. The last bit of United States Department of Labo a bunch of sob stuff. The last bit of the flim showed first a girl's grave and Street Station and the Reading Terminal and at the ferries.

me, but it didn't strike us at all runny every day, and the attention of men by the time I got back to New York, who otherwise might be ignorant of this need will be directed to the urgent call for essential labor."

Don't hold it too cheap; most any all druggists use it in their homes and they know what is best in the

We Pay You

To try it-Have your druggist certify your purchase on his label, send it to us and receive a bottle of finest perfume or vanity box.

LeFevre Bismoline Co., Lancaster, Pa. V. H. Smith & Co., Miller Drug Co., Geo. B. Evans, Sales Agents, Phila.

# NATION AT END OF WAR

A. I. du Pont Sees New York Money Center-Great Commercial Possibilities

New York, Aug. 23. The United States will emerge from this war the richest country in the world and New York, which is now the money center, will perhaps continue so forever, according to Alfred I, du Pont, chairman of the Allies' Industries Corporation.

More than \$10,000,000,000 is owed to

ware than \$10,000,000,000 is owed to this country by foreign countries, Mr. du Pont said, and there will be no other way of getting it back except by the development of foreign trade. It will be up to this country to rebuild the world, and he feels that the possibilities of commercial expansion after he war are so great as to be beyond comprehension. so great as to be beyond comprehension Mr. du Pont spoke in explaining his plans for establishing a great interna-tional exposition of world's industries in the Grand Central Palace, of which he obtained control about two months ago.

## APPEAL FOR NEWSPAPERS

## U. S. Soldiers Abroad Want News of Home Towns

of Home Towns

"More home newspapers." is the appeal which is being continually made to the library committee of the American Red Cross by American soldiers in hospitals in Great Britain. The appeal was received here today.

The library committee is at present furnishing reading matter for more than 25,000 men a month, both in hospitals and in camps. The magazines and newspapers must of necessity come from this country. This class of literature gives greater satisfaction to the men than books.

## PERMANENT HAIR

New Nestle Apparatus-1918 Model C. LUCKER, Hairdresser ne Locust 3627 118 SOUTH 17TH Phone Locust 3627



Mr. L. J. Mawson is not connected, directly or indirectly, other Arm using his name,



War Time Dessert A Patriotic Delicacy

Patriotic because it uses so little of the foodstuffs our government asks us to consure to please. How to make

Wilbur's War-Time Recipes

as well as numerous other dainty, delici-ous and eco-nomical des-serts. Your serts. Your copy's waiting.

Sand for it today H. O. WILBUR & SONS, Inc.



Follow use of Cuticura Soap and Oint-ment. As night baths them with the Soap and hot water. Dry and rub in the Ointment. Wear old gloves during night. Sample Each Free by Mail. Address postcard: "Cutteura, Dept. 6M. Bes-ten." Sold everywhere, Soap 25c, Oint-ment 25c and 69c.

## Common Sense in Baking

tells any woman that a baking powder that rises in the oven is better than one that wastes its strength in the mixing bowl.

# Pure Phosphate Baking Powder

rises after the dough goes into the oven.

Guaranteed to improve any baking recipe in any cook book.



handy handled cups, at Community Stores
We Serve You Save

# FOR THE CHILDREN

SUGARLESS COOKIES

# Take Heart, Dear Friend

leave wide spaces between your lines. In its literal sense a manuscript means written by hand. Now it means a composition written by hand, as an ancient piece put forth before the days of printing, or an unprinted modern book, story, piece of music, etc. It is the author's copy of his own work in hand or type-written. Manuscript is done on unlined paper about twelve inches long and nine wide. The kind of stories that sell best are the little ones that center around love, home, work or adventure, or a combination of them. The magazine stories pay best, but it is hard to get into magazines without experience. I would try a syndicate that buys little stories first—about the length of the ones you see in the paper. You aren't dumb. How could you be expected to know these things?

Finding Man in Nax. Ta the Editor of Woman's Plager.

Items Madam—Will you fry to help mee that a beautiful home, a good historial have it downed it." she went on, there is the meaning the making of the state which is the second in the state of the second in the seco

When They Are Hungry Give
Them These—Satisfying.
Tasty and Patriotic

Are the children asking for coolines, but the control of the control of

## A MAID AND TWO MEN

THE STORY THUS FAR

THE day after Ruth had promised to

did not suspect it herself?

strikes.

Buth, in the freshness and vigor of could.



By MARY DOUGLASS

(Copyright)

of the older salesmen merry heil today. Seems this poor simp has been with the company for—ch, the Lord knows how many years—and every time Goldman thinks of firing him he comes across

with a policy. Always just holding on to his job by the skin of his teeth.

Goldman was giving him a call down

# War Workers You are about to furnish your homes. The best, of course, is none too good for your family. You can get dependable, attractive furniture

On Easy Terms at Uptown Prices if you will look over our extensive stock and make your selection. This

ANNUAL

SALE is our opportunity to dem-onstrate that our lighter overhead expense makes possible the considerable re-duction in prices.

SPECIAL

Bedroom, Living Room and Dining Room Suites

Purchasing Agents' Orders Accepted Agents for Ideal Fireless Cooker,

"I'll take you!" came back the agent.

That got the agent, and he started to

"One of these could be left at home

quite enough. "It's much better," said he, "to spend your time telling your prospect about life insurance than it is to leave him a bunch of printed matter which, ten to one, he won't look at after you have lef He had three pocketbooks-you see

top stove drier. It can be easily turned to distribute the heat, and the shelves can be shifted during the drying. The the company gives little pocketbooks on which their name is printed to the agents and to policyholders. "Two of these could be depensed with," said Goldman.

There were four old pencils, all about

> instructions had to admit it.
>
> He had five cigars. Those he swore he

OF PETER FLINT and buy one as you want it?

> hotel. "I guess you'll admit you have lost

YESTERDAY'S ANSWERS

When a slight clack is found in a lar of common street in the proper into the said sulkily. THE DAILY NOVELETTE to the consoliation and sympholic show themselves near the crack in the proper into the said sulkily. The most interesting problem in the properties of the country in the said sulkily. The most interesting problem in the properties of the country in the said sulkily. The most interesting problem in the said sulkily. The most interesting problem in the said sulkily. The most interesting problem is said sulkily. The most interesting problem in the said sulkily. The most interesting problem in the said sulkily. The most interesting problem in the said sulkily. The most interesting problem is said sulkily. The most is placing because of the first one can any said sulkily. The most is placing because in the form of leading a said sulkily. The most is placing because in the form of leading a said sulkily. The most is placing because in the form of leading a said sulkily. The most is placing because in the form of leading a said sulkily. The most is placing because in the form of leading a said sulkily. The most is placing because in the form of leading a said sulkily. The most is placing because in the form of leading a said sulkily. The most is placing because in the form of leading a said sulkily. The most is placing because of the first one work member

"You aren't the only fellow around here that's transgressing that way. I'll

Goldman laugh and say, "A guilty conscience needs no accuser."

Honesty today is not the best pol

OPEN NEW LABOR BUREAUS

then one of the fellows digging gold up in Klondike and the other one wearoarried out several or your more considerable assessment with the constraint of the

## out all right. When I got to my room I began to go carefully through my pockets to see what I could dispense with. The old Is Your Life Cheap man (that's Sam Goldman, of the Mag-nitude Life Insurance Company—we all call him the old man) was giving one

one can exist, but you can only live once. That's why thoughtful people who know goodness prefer Bismoline -The only healing talcum powder, made with bismuth. Summer or winter, nothing does half as much good. Every doctor recommends it:

Soft White Hands