

IRON RICH DIET—ATTRACTIVE BATHING ACCESSORIES—SHE LOVED TO LISTEN TO MUSIC

DIET OF FOOD CONTAINING IRON IS GIVEN BY MRS. M. A. WILSON

Appetizing Menus With Medicinal Values Outlined for All Three Meals—Good Mixture for Sandwich Filling—Fruit Candy Delicious and Easy to Make—Requires No Cooking

By Mrs. M. A. Wilson (Copyright, 1919, by Mrs. M. A. Wilson. All rights reserved.)

My dear Mrs. M. A. Wilson: I HAVE a daughter twenty-two who is very pale and I want to give her food which contains iron. She has just taken a fancy for water-cress, and a friend said she did not know if they were good for her. Some time please mention a few vegetables containing iron. I know spinach has plenty of iron in it. I am a DAILY READER.

The average person seldom bothers about his diet, feeling reasonably sure that he is obtaining sufficient variety for his needs. Persons recovering from a serious illness, or those who are suffering from an anemic condition, will require food rich in iron to help them regain their health.

Watercress, lettuce, celery, string beans, fresh lima beans, dandelion, spinach and vegetables greens all contain an abundance of iron. So does the apple, huckleberries, grapes, strawberries, pineapples and blackberries. It is comparatively easy for the housewife, when necessary to supply some of the family with an additional amount of this material element, to do this without especially preparing a separate meal.

Beef, whole-wheat bread, milk, yolks of eggs, cereal foods are rich in iron and may be combined with both fruits and vegetables so as to give the needed amount. Lean veal, lamb, oysters and such fish as cod, pickerel, trout, bass and halibut are good foods, and raisins, dates and figs will form a splendid variety.

In planning a diet for a person who needs iron, always remember that they are quite apt to be finicky and may not like this or that and can only eat a little of something else. For this reason, always plan for a little sandwich about 10:30 in the morning, made of finely chopped raisins, dates and figs, etc., and a glass of milk—if they are in a position where the milk can be obtained—or perhaps a cup of cocoa, so much the better. Then about 4 o'clock in the afternoon some candy, made entirely of dates, figs, raisins and nuts, and finally an egg-nog or milk shake before going to bed. This trouble that requires the iron rich diet will gradually disappear and then the person can return to his normal diet.

It is vitally necessary that plenty of good milk and whole-wheat bread and butter supplement the regular meals, so with this plainly understood we will now plan a weekly menu.

- Breakfast: Juice of Orange, Cream of Barley, Omelet, Whole-wheat Bread, Cocoa, Luncheon: Cream of Lettuce Soup, String Bean Salad, Cup Custard, Dinner: Watercress, Broiled Lamb Chops, Baked Potato, Huckleberries, Breakfast: Blackberries, Oatmeal, Milk, Liver and Bacon, Toast, Luncheon: Young Onions, Broiled Fish, Bread and Butter, Dinner: Radishes, Broiled Steak, Boiled Potatoes, Canned Strawberries, Breakfast: Huckleberries, Cream of Wheat, Broiled Lamb Chops, Toasted Whole-wheat Bread, Cocoa, Luncheon: Puree of Pea, Egg Omelet, Lettuce, Tapioca Pudding, Dinner: Celery, Broiled Salt Cod, Mashed Potatoes, Coleslaw, Sliced Pineapple, Breakfast: Sliced Pineapple, Cornmeal, Mush and Milk, Poached Egg on Toast, Bacon, Cocoa, Luncheon: Shrimp Salad, Bread and Butter, Bread Pudding, Dinner: Olives, Veal Cutlet, Boiled Potatoes, Spinach, Lettuce, Huckleberries, Breakfast: Grapes, Oatmeal and Milk

Ask Mrs. Wilson: If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns. No personal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia.

- Asparagus Omelet, Toast, Cocoa, Luncheon: Cream Spinach Soup, Lettuce Sandwiches, Blackberries, Milk, Dinner: Watercress, Broiled Steak, Rice and Lima Beans, Lettuce, Raspberry Custard, Milk, Breakfast: Huckleberries, Cream of Barley, Milk, Broiled Chops, Whole-wheat Bread, Cocoa, Luncheon: Cream Celery Soup, Egg Salad, Rice Pudding, Milk, Dinner: Young Onions, Broiled Bass, Buttered Beets, Hominy, Tomato Salad, Stewed Peaches, Milk, Breakfast: Oatmeal and Milk, French Toast, Cocoa, Luncheon: Cream of Asparagus Soup, Chicken Salad, Bread and Butter, Milk, Dinner: Watercress, Salt Oysters, Coloslaw, Roast Beef, Brown Potatoes, Steamed Squash, Cucumber Salad, Ice Cream, Cocoa

The above menus are planned that the luncheon may be taken away from home, for persons at business. It will be but little extra trouble to prepare the sandwiches and candy necessary for them at 10:30 and 4 in the afternoon. Butter the bread on the loaf and then cut into thin slices. Spread with a fruit mixture and then put together. Remove the crusts and lay on wax paper and then cut into squares just big enough to be one good-sized mouthful. Wrap in waxed paper.

Mixture for Sandwiches: One pound of prunes, One pound of dates, One pound of figs, One package of seedless raisins.

Stone the prunes and dates and put the mixture through the food chopper. Now add the juice of one lemon and sufficient sugar to make the mixture spread. Place in jars and keep in a cool place. Evaporated apples, dried peaches, apricots, plums, cherries, all may be used for variety.

The Fruit Candy: One pound of figs, One pound of dates, One pound of dried apricots, One package of seeded raisins, One pound of peanuts, One-half pound of coconut.

Remove the stones from the dates, shell and hull the peanuts and then put the whole mixture through the food chopper, using the fine knife. Mold into balls the size of a walnut and then roll in pulverized sugar, or the mixture may be packed firmly and pressed into a box, first lining the box with wax paper. Cut into oblong blocks and then wrap in wax paper.

Many people who require an iron rich diet frequently take a great dislike to fat meat. Do not urge them to eat these meats. See that they have plenty of good milk and butter and this dislike will adjust itself. It is very unwise to follow any diet unless you have the advice of a physician; so consult with him and follow very closely any instructions that he gives you.

Mrs. Wilson Answers Questions

My dear Mrs. Wilson—Will you kindly have published an answer as to why, when the bread had apparently been mixed as usual, it rose in little hillocks over the top? It was sour when baked. It has always risen a nice, even smoothness before, and I am at a loss as to the cause of this. Your recipes often say a certain number of tablespoons of shortening. As I use lard and butter, kindly say what is the weight of a tablespoon. Do you intend level measurements of spoons? Will you kindly say what you mean by processing in canning? Thanking you, MRS. D. D. D.

Evidently the dough was placed in too high a temperature to rise, and was allowed to overprocess. See the bread lesson coming very soon. A tablespoon of shortening should weigh one-half ounce. Yes, use only level measurements.

My dear Mrs. Wilson—Will you please tell me what I did wrong in canning my strawberries? I used

tightening jars and new rubbers, the best I could buy. I filled the jars and put the wire over the top, placed them in a boiler and covered them three inches with water, and put the cover of the boiler on. I boiled them hard the stated time, and when I took the cover off the water was red and the jars only partly filled. On trying one jar I found them tasteless. If you will tell me what the trouble was you will oblige a

CONSTANT READER. You failed to partially tighten the lids of the jars; they should be tightened sufficiently to keep the contents of the jar from coming out during the processing. My dear Mrs. Wilson—In Tuesday night's paper there appeared a recipe for corning beef, but you did not say how long to leave the beef in the brine. Will you kindly answer this question as soon as possible and oblige? MRS. S.

Leave in the brine until meat is needed.

THE WOMAN'S EXCHANGE

Date of Invention: Dear Madam—Please answer this question—what year was the telephone invented? I WANT TO KNOW. The telephone was invented in 1876.

Motorboating on Neshaminy: Dear Madam—Could the Woman's Exchange let me know whether one could go up the Neshaminy Creek in a small motorboat, and if so, how far? MRS. E.

As far as I have been able to find out, it would not be wise to try to take a motorboat up the Neshaminy. It is pretty shallow, and although rowboats and canoes can go some distance up the creek, there are rocks which would prevent the passage of a motorboat.

Duties of Employment Manager: Dear Madam—Having been a daily reader of your valuable paper since its publication, will you kindly inform me through its columns the following: What are the duties of an employment manager? What experience is necessary to fill a position of this kind?

What is the salary of a high-grade employment manager? K. M. Z. The duties of an employment manager vary according to the requirements of the concern that employs him and the necessary experience and salary vary in the same way. The usual duties include advertising for employees, interviewing, "sizing up" and either employing or turning away applicants for positions. As this requires a person with ability to judge whether an applicant would fit in the position he is applying for and just how much ability and intelligence that position requires, the employment manager would naturally have to be a person of some

Dainty Accessories for Ocean Bath

A Daily Fashion Talk by Florence Rose



Imagine a flowered bathing cap of green rubber and pink flowers. High or low shoes are a matter of choice. They are in equally good style

any time. She is the one who encourages a man. Is this statement true? Well, then, why not give him credit. You described office affairs very plainly, but this also is partly the fault of both sexes. There are always two sides to a story or it would not be a story.

Talking about courtesy, when a man mingles with "vamps" he lacks purposefully all courtesy and discipline. This was the sole cause for ruination of a nice, quiet and comfortable home I know of. I am sorry to say on the part of the weaker sex that in this is the way the girls get their credit. World will never amount to anything. Will power is the foundation of the human being. If girls lose their will power the men should not lose theirs under any circumstances. You are stating something impossible. Think this over and figure which one of the two is to blame. Both. But you do not see it that way. I am not taking a man's part because I am a man. I think both are in the wrong. I will not say to keep the girls in their right places, for in his or her right place, but he or she is going to extremes. Writing this, I am still in hopes of receiving an answer to question No. 1.

Not Like Ladies: Dear Cynthia—We are two young girls of eighteen years of age and would like to have your opinion and also your fellow readers' opinions who pick up girls when out machine riding. Do you think there is harm in going in the machine of strangers in broad daylight? We have been told the young men who pick up girls have no respect for said girls. You men who do these things, kindly let us hear what you think, in plain words, of such girls. We will admit we have gone into machines and as we act like ladies, we have been accordingly treated, and have even made further appointments and engagements with the same young men, who have, in every respect, treated us right. Cynthia, dear, please let us hear from you in regard to this matter and please ask your fellow readers who are experienced in this matter, to write to your column, giving us their candid opinion of same. Thank you, kindly! TWO MAIDENS.

Dear Cynthia—In answer to a letter signed "Bimby." Well, you may not be in favor of the vamps or in favor of my English, but let me tell you, kid, mix on the vamp stuff. I'm off this old-style war-paint tube for life. But let me tip you off. These imitations of would-be actresses, "vamps," are as shallow as the powder on their faces. If this is the new generation of women, I'll have none of them. Boys, keep away from these cheap dance halls. "Vamps" are nothing but a vulgar bunch of girls. Play the wise guy. Safety is my middle name, as the saying goes. I'm a shark when it comes down to safety about "vamps." J. B., OF THE LAZY DAISY.

Rather Enigmatical, Buan: Dear Cynthia—Reading the unquestionable statements of "Miss Nobody's girl," in reference to my question, No. 2, I agree with her in the greater sense. I think, however, are referring to the exceptions of life. I suppose now that idea is held against every man who walks the street, giving credit to none; yet the girls are perfect, and they deserve all the imaginary credit of life's gambler. Well, as I stated above, I could ensnare many girls who are looking for such things. Take, for instance, the "vamp." She is no exception. We can find hundreds of her every day at any place and at

Yesterday's Answers: 1. Pamela Bianco is a little Italian girl of twelve who is showing unusual talent in drawing, having had no instruction at all. 2. The large shopping bag of oil-cloth which is being shown in the shops is convenient for the summer bathing or picnic party, as a wet bathing suit can be carried in it without soiling it. 3. A pretty sach for the plain voile dress is a straight band of the material edged at top and bottom with narrow piped ribbon, with a small bow and long ends at both top and bottom. 4. Washable-satin garments should be pulled out straight after washing, and allowed to dry thoroughly before being ironed on the wrong side with a hot iron. 5. Stocking boards out of stiff pastboard make a satisfactory substitute for the wooden ones. 6. Enamelled cooking utensils can be brightened up by placing in a wash boiler, sprinkling with household lye, and allowing to come to a boil. Rinse in cold water and remove the burned spots with a cloth.

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TWO GIRLS WENT TO HEAR THIS ORCHESTRA PLAY

But One of Them Might as Well Have Been at a Tea Party for All She Listened to the Fine Outdoor Music

THE music had stopped and every one started to talk again. The two girls on the bench under the trees were leisurely exchanging conversation, too! Then, suddenly there was a tiny flute-like note trembling in the soft night air. Yes, the orchestra had started again. The young woman with the program carefully folded and tucked in her white silk glove leaned forward. It was one of those lovely soft things that you get only if you do listen. The graceful, wistful melody came down through the trees. Yes, all the world and its cares and woes might be futile, but this—this was, oh, the girl who had the program folded neatly in her white silk glove was so glad she came.

And then after one brief moment—"Well, I was telling you. He called me up and I hadn't even heard from him in seven years," from somewhere down on earth there was a voice trailing up into paradise, where the girl was listening. "I didn't know his voice, and when he said 'hello'—no, now he didn't say 'hello' first. Now, let me get it straight. He said 'is that you, May?' Yes, that's just what he said. 'Is that you, May?' Now, what do you know about that—to have a fellow say 'is that you, May?' after you haven't even heard from him in seven years?"

HONESTLY the young woman who was babbling on like the brook to her companion, who was trying to listen to the music, hadn't the slightest idea

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