

EATING TO LOSE FLESH : ABOUT CONVERSATIONS : SMART POCKETBOOKS : CYNTHIA LETTERS

MENUS THAT WILL REDUCE WEIGHT; A WEEK'S SERIES BY MRS. WILSON

Unwise Eating Is the Cause of Much Avoirdupois, and Here Is a Chance to Learn How to Plan a Diet That Will Take Away Unwelcome Flesh.

Save This Article

By MRS. M. A. WILSON (Copyright, 1919, by Mrs. M. A. Wilson. All Rights Reserved.)

CORRECT eating is essential to health and because of this the proper cooking and serving of food plays an important part in either the building up or reducing of weight to a desired average.

As a rule stout people seldom realize that they are eating food that is entirely unsuited to them; and not only do they love starchy and overrich foods, but also they frequently consume a liberal portion of sweets.

Now unwise eating seldom produces its effects at once. When noticed, the body is already burdened with heavy layers of fat, that not only cause their bearer to be distressed and uncomfortable, but also cause disease.

Not all of us can eat every food that is put before us, but we can so arrange our menus that we will be able to balance the diet and in this way supply the body with just its required needs.

Eating over-large portions of rich desserts, fatty foods and starchy products causes these foods to turn into a fatty tissue, and then be stored in the body as adipose tissue. So, in order to get good results, the person who wishes to reduce should learn to thoroughly chew all foods. By this I mean chew the food very fine, so that it will be thoroughly mixed with the saliva and then flow without much effort to the stomach.

You know that all starchy foods are changed by the action of the saliva into invert sugars; they then go to the stomach where they are thoroughly diluted with gastric juices and finally passed into the intestines, where the final processes of digestion take place.

This form of starch is stored by the liver and kidneys, and thus passes out to the various tissues to be held in the body as fat. To reduce this fatty tissue it is necessary to prevent the storage of more sugars, starches and fats in the body, and to cause that which is already stored there to be gradually consumed to prevent starving.

Many people who go on a diet for reducing flesh in a few days complain of great weariness, exhaustion and gnawing in the pit of the stomach. A diet that cuts down the supply of food with the intention of reducing is extremely dangerous unless it is supervised by a physician. But persons who wish to make a visible reduction of flesh in a time ranging from five to six weeks can do so, if they will learn the foods that cause and feed these flesh-forming tissues and learn to replace this with nonfat-forming foods.

And summer time is an ideal time to accomplish a reduction of flesh for those who wish to try it.

A Series of Menus for One Week Breakfasts

- (1) Blackberries, about one-half cup No Sugar or Cream Soft-Boiled or Poached Egg Two Slices of Toast (no butter) Four Leaves of Lettuce Black Coffee

(2) One-Half Cantaloupe Three-Inch Piece of Broiled Ham Two Slices of Toast (no butter) Four Leaves of Lettuce Black Coffee or Tea With Lemon

(3) Juice of One-Half Grapefruit (No sugar) Piece of Broiled Fish Two Slices of Toast (no butter) Black Coffee

(4) Juice of One Orange Broiled Tomatoes Three Pieces of Bacon Two Slices of Toast (no butter) Black Coffee

(5) Stewed Huckleberries (No sugar) Hamburg Steak (broiled) Two Slices of Toast (no butter) Black Coffee

(6) Stewed Peaches (No sugar) Omelet Toasted Whole-Wheat Bread (Two slices) Black Coffee

(7) Baked Prunes (No sugar) Creamed Beef, About One-Half Cup Two Slices of Toast Black Coffee

What These Breakfasts Eliminate The sugar and cream from fruit and coffee and the butter from the toast—all of which are fat-forming foods. Toasting bread dexterizes the starch and thus helps the digestion of this starchy product.

Breakfast may be eaten from 7 to 8:30 a. m., and is so balanced that those who board or take their meals in restaurants may easily follow the diet. Now, during the warm weather, it is most important to eat lightly during the noon period, and for this reason a light luncheon will be provided. Those who are employed in

Six Servings of It for Just Twenty Cents!

THAT'S one of the tempting features about Lebanon crumb cake. It's not only delicious, but it's cheap. In the newest film in her cookie movies Mrs. Wilson, the EVENING PUBLIC LEDGER food expert, shows how to make it. You can see the picture at

THE VICTORIA THEATRE The Victoria is at 913 Market street.

OTHER COOKING MOVIES Queen Victoria Sponge Cake Saturday, Point Breeze Theatre 1638 Point Breeze avenue.

Charlotte Russe Saturday, the Globe, Fifty-ninth and Market streets.

For copies of the recipes ask at the box office at the theatre or send a self-addressed envelope, with one-cent postage stamp, to the Editor of Woman's Page, EVENING PUBLIC LEDGER.

sedentary occupations should partake of a milk of egg shake, or chocolate egg and milk, and this will be sufficient until the evening meal, or for luncheon you may have:

(1) Plate of Lettuce Toasted Cheese Sandwich One Large Slice of Bread, Toasted (No butter) Stewed Fruit, One-Half Cup Tea or Coffee (clear)

(2) Watercress Tomato Salad One Slice of Toast (no butter) Baked Apple Tea or Coffee (clear)

(3) Radishes Watercress Salad With Three Slices of Lemon Brown Betty Tea or Coffee

(4) Clear Tomato Soup Deviled Egg Slice of Toast (no butter) Stewed Peaches Tea or Coffee

(5) String-Bean Salad Toast (no butter) Cup Custard Tea

(6) Poached Egg on Slice of Toast Cantaloupe Tea

(7) Broiled Fish Lettuce Raspberries Tea

Butter and potatoes are eliminated from this meal. Use skim milk, which has had its fat content removed in the cream, but which still contains the full nutritive value of the milk.

Dinners

(1) Radishes Watercress Broiled Steak

(2) Stewed Huckleberries (No sugar) Hamburg Steak (broiled) Two Slices of Toast (no butter) Black Coffee

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Spinach String Beans Lettuce One Slice of Toast (no butter) Stewed Fresh Fruit Coffee

(2) Olives Radishes Broiled Fish Steamed Squash Lettuce One Slice of Toast (no butter) Sliced Peaches Coffee

(3) Clam Broth Baked Peppers Cream Sauce Made With Skim Milk Crushed Corn Stewed Cucumbers Lettuce One Slice of Toast (no butter) Watermelon Coffee

(4) Young Onions Lamp Chop Baked Tomato Lettuce One Slice of Toast (no butter) Cantaloupe Coffee

(5) Tomato Canape Broiled Chicken Steamed Cabbage Lettuce Stewed Peaches Coffee

(6) Mincing Clams on Toast Eggplant String Beans Lettuce Cup Custard Coffee

(7) Watercress Pot Roast of Beef Stewed Tomatoes Lima Beans Cucumber Salad One Slice of Toast (no butter) Stewed Apricots Coffee

This meal eliminates potatoes, butter and the rich heavy desserts. The portions should be about three ounces of lean meat and one-half cup of each vegetable, three leaves of lettuce. Use French dressing on all salads and one-half cup of fruit for dessert.

This amount of food will not only satisfy, but also will, if persisted in, give satisfactory results in a reduction of flesh. This means that you cannot eat candy and other sweets between meals, and if you feel that you must have something sweet, try a piece of chewing gum. If fruits are too sour, try corn sirup for sweetening; about one-half cup to each quart of prepared fruit. Fresh fruits develop their own natural sweetness if they are baked instead of stewed in a saucepan. Just place them in a casserole dish with this amount of sirup or plain water and bake in a moderate oven for thirty-five minutes.

Mrs. Wilson outlines a practical list of menus for each day of the week every Sunday in the Public Ledger. Tomorrow she will give suggestions for relishes made from September vegetables. Read Mrs. Wilson's "COME INTO THE KITCHEN" every Sunday in the Public Ledger

My dear Mrs. Wilson—Always read your recipes with much pleasure and profit. Will you kindly publish recipes for lemon pie? Thinking you greatly for your kindness, Mrs. F. M.

See pie recipes in issue August 5, 1919.

No. 1192 My dear Mrs. Wilson—It has been impossible for me to keep a complete file of your cooking articles. Often you refer the reader to certain issues for recipes I would like to have. Have you a book of recipes? If so, where can I obtain it? Your recipes are fine, and I have heard many good things about them. I wish for your cook book.

I have no book on the market at present, but you are always welcome to consult the files in the Ledger Building.

No. 1185 My dear Mrs. Wilson—Always read your recipes with much pleasure and profit. Will you kindly publish recipes for lemon pie? Thinking you greatly for your kindness, Mrs. F. M.

See pie recipes in issue August 5, 1919.

No. 1182 My dear Mrs. Wilson—Will you please give me a good recipe for graham bread? I am on a diet and I hear this bread is not fattening. Thanking you in advance, M. E. B.

See brown bread recipes; issue August 10, 1919.

No. 1179 My dear Mrs. Wilson—Will you kindly let me know through your columns how to make cinnamon toast, as I have heard so much about it, but never came in contact with it myself? Also any other recipes that I could use in a small boarding house in the country. This is my first season, and naturally the hardest. Could you tell me how to use blackberries that grow on the vines along the ground, as they are plentiful, but sour? Thanking you in advance, Mrs. A. M. B.

Cinnamon Toast Place two ounces of butter in a bowl and cream well. Add five tablespoons of sugar. One teaspoon of cinnamon extract or powder in pies, fruit, rolls of the corn sirup, and brown sugar to sweeten them.

No. 1180 My dear Mrs. Wilson—Please tell me in the enclosed recipe, what I do that is wrong, when I make currant jelly? Should I heat the sugar before adding to the sirup? Should one skim what comes to the surface on the sirup, when boiling? Is there anything I can make of this sirup? E. E. B.

The fruit is probably too ripe. The pectin turns to sugar in overripe fruit, and for this reason will not make good jelly. See recipes for currants; issue June 9, 1919.

Newest Purses Are of Silk A Daily Fashion Talk by Florence Rose



The new purses are fascinating. Many are in heavy Japanese silks, as shown in the sketch

IF THE war had been prolonged one hesitates to think how amazingly large handbags would have become. They were getting larger daily. We had them large first so that we could carry our knitting with us to make use of the minutes between the acts at the theatre, waiting for meals and trains and persons who dalled in keeping appointments. Then we had them even larger, so that we could show our patriotism as the merchants urged us to by carrying small packages home with us. In France women had large bags because they never knew when they went out of an evening whether an air raid might not come up in the evening. It was infinitely more convenient in that state of doubt as to whether or not one could get home at night to have one's night attire and fixings along with one.

And over here we became accustomed to the larger bags and we sometimes felt that carrying a large one had so we went on getting larger and larger bags and then the war stopped. And with the coming of peace returned a vogue for smaller bags. They are not absurdly small, these smaller bags, but they are not large enough to carry home the meat for dinner nor a stocking to knit while you wait for change nor yet to carry your "robe de nuit" with you, but they will hold without crowding one's hand-

kerchief, a folding pencil or pen, coin purse and possibly a small check book, with the always essential powder puff and maybe lipstick.

Against the wiles of pickpockets bags that hang upon your wrist always have an advantage over those that are merely a fingertrap. For it is one thing to snatch a bag from your fingers and another to get the strap over one's wrist and arm. However, the strap purse is coming into favor. In the sketch there is one newly produced strap purse of envelope design.

Although beads are still popular and velvet is in favor the newest purses seem to be made of silk. Some of these are heavy Japanese silks. One strap purse shown here at the left has a plum blossom design in the Japanese silk.

(Copyright, 1919, by Florence Rose.)

Miss Rose Will Help You

with your clothes. Perhaps you are wondering just what color in vogue now will be most suitable for you. Or perhaps it is the present day styles that perplex you. Miss Rose will be glad to give you the benefit of her advice. Address Miss Rose, woman's page, EVENING PUBLIC LEDGER. Send a self-addressed stamped envelope for personal reply, as none of the answers will be printed.

Adventures With a Purse

THE use of Japanese incense for the house can be made a valuable one. Odors of cooking can be quite done away with if you burn some in the living room. The only trouble is that most of it smells like just plain punk, but I bought some yesterday, rose-scented, and it combines the sweet fragrance of the rose with the pungent, subtle odor of the incense—a truly delightful scent. This also comes in violet.

When you come into a room where one of these little cones has been burning you will sniff delightedly and exclaim, "Oh, what a gorgeous scent!" A box of this costs twenty-five cents.

Did you ever see the little wooden wedges one sticks in the window to keep it from rattling in windy weather? Useful, but not particularly attractive, are they? Well, now, one shop has quite the oddest wedges you ever did see. They are figures of quaint little ladies with demure bonnets and full skirts. A pair of them may be had for sixty cents. Here is a novel gift idea.

And just across the aisle from the wedges are fancy hand-painted numbers for the woman who has an apartment. I suppose they are of a tin or aluminum composition, similar to the numbers on a front porch post, but they are painted light blue with tiny pink rosebuds and leaves, and against the gleaming white of an apartment door these numbers would look lovely. They come at \$1.35 for a set of four numbers.

For the names of shops where articles mentioned in "Adventures With a Purse" can be purchased, address Editor of Woman's Page, EVENING PUBLIC LEDGER, or phone the Woman's Department, Walnut 3000.

To Merge Boys' Brigades The proposed amalgamation of all the boys' brigades in West Philadelphia into a regiment or battalion was discussed last night by Adjutant General Jandon at a meeting of the United Boys' Brigades, held in the Richards Memorial Church, Sixth and Walnut streets. There are 400 boys in the various military organizations in West Philadelphia.

THEATRES OWNED AND MANAGED BY MEMBERS OF THE UNITED EXHIBITORS' ASSOCIATION BELMONT 52D ABOVE MARKET DUSTIN FARNUM IN "THE PARSON OF PANAMINT" EUREKA 50TH & MARKET STS. MATTIE DAILY CHARLES RAY IN "GRASSED LIGHTNING" JEFFERSON 29TH AND DAUPHIN STS. MATTIE DAILY "CONSTANT TALKING" JUMBO FRONT ST. & GIRARD AVE. Jumbo Junction on Frankford "L" MARGUERITE CLARK IN "COURT OF THE KITCHEN" LOCUST 52D AND LOCUST STREETS MATTIE DAILY "THE BROTHERS" ELISIE FERGUSON IN

Please Tell Me What to Do

By CYNTHIA

Tanner's Act One of Glory Dear Cynthia—Noting "Critic's" comment in this evening's paper in your column, I could not resist expressing my opinion on the act of that man in Chicago who gave up his life with that of his wife.

To my mind it was one of the finest, bravest things I have ever heard of. In this day, when love is such an uncertain quantity and so fleeting, especially after marriage, it stands out all its glory. It could not have been a sacrifice or rather so great a one to live on without a wife and care for the children, as in that case he would most certainly have married again and have derived all the pleasure out of life that other men do.

Such a love is a novelty in this day and age. It seems scarcely a day passed that I do not read of an anguished, broken-hearted woman in your column seeking your help in her married wretchedness.

It inspires one with faith to hear of such a grand, courageous act. For shame, those who condemn a man for acting on such a beautiful impulse. "WRATEFUL."

Who agrees? Was Not Easiest Way Dear Cynthia—I enjoy reading your advice and think you are very good and wise in respect to the lovers. I am not writing to discuss these things, but to state my opinion on the great tragedy which took place in Chicago.

"Critic" says the man did wrong, but just how could one say that, when reason shows that only a man deprived of his mind, for the time being, would do such a thing? I don't believe he was able to think any further than from his wife to the train. He must have thought a great deal of his wife, and doubtless just a word regarding his children would have changed his course. I do not think the man was choosing the easiest way out, for no hardship in life is equal to the dreadful horror experienced by the sight of an orphaned train. Any man under such an ordeal would lose his reason. So I would say it was a brave act and not the easiest way.

Another opinion from a READER.

Cowardly to Live On Dear Cynthia—Having read the article written by "Critic," I am sending my opinion.

I think the man did right. Of course I pity the poor little children that are left orphans, but if that man had stood back and seen his wife killed he would have been called a coward. A person should have "bravery of mind" in such a case, but one never or hardly ever has; and I think the man did exactly right and it showed the love he had for his wife. I hope others agree with FOURTEEN.

Time Will Bring Her Back Dear Cynthia—I have a girl friend whom I like very much. We used to go together as though we were twin sisters.

Now the point I am getting at is this: A girl moved in on our street a few doors from my house. Since this girl moved in my friend goes with her and does not see me any more. It hurts me when I see them go out to the park every Sunday, as my girl friend does not want to go with me. It is not that I am jealous. I have known her for over three years, and I don't want to lose her, although she played this trick on me.

Please, can you tell me how I can regain her friendship and make her stop going with the other girl, as I don't like her because she likes to go out to the park every Sunday and get in with boys? I hate to say it, but that is what kind of girl she is.

I am a girl of fourteen summers, and I would like to keep up being friends with the one who played a trick on me all my life, but I can't seem to get her to come back to me. I tried by being nice to her in every way I could, but it does not help.

A friend who reads your column.

DAILY READER.

Your friend will come back to you in time, dear. I know because so many persons we want to stay by our sides go off and then if we just don't worry they come sailing quietly back some day. Keep on being friendly, but don't seem too anxious about the company; if fact, it would help if you went around with other girls to show that you can have other friends, too.

DON'T WORRY GIRLS! Those Chestnut Street Store Mirrors Will Be Returned There's cheering news for the many pedestrians disappointed today because they didn't get their usual fleeting glimpse of themselves in the mirrors that have formed a part of the window decoration of a women's wear shop in Chestnut street.

The manager of the shop brings the cheer with the announcement that the long, narrow mirrors haven't been removed permanently. They are just being relined and will be replaced, probably next week.

So the men and women in mad rush to keep office hours may again pause to adjust the crooked tie or dust powder on a nose left shiny in that whirring morning toilet.

PHOTOPLAYS PHOTOPLAYS

ALHAMBRA 12th, Morris & Passaic Aves. MAT. 1:15 & 7:45 P. M. ETHEL CLAYTON IN "A SPORTING CHANCE"

APOLLO 52D & THOMPSON STS. TOM MOORE IN "HEARTSEASE"

ARCADIA CHESTNUT BLDG. 10TH WALLACE REID IN "THE VALLEY OF THE GLADES"

BLUEBIRD BROAD STREET AND WALNUT STS. WALLACE REID IN "THE LOVE BURGLAR"

BROADWAY Broad & Snyder Aves. CLARA KIMBALL YOUNG IN "THE BETTER WIFE"

COLONIAL Gth. & Maplewood Aves. MABEL NORMAN IN "THE WAY OF A WOMAN"

DARBY DARBY PA. MACK BENNETT'S BATHING GIRLS IN "PERFUM" "TANKER BOATS" & "GIRLS"

EMPRESS MAIN ST. MANAYUNK MARY PICKFORD IN "DADDY LONG LEGS"

FAIRMOUNT 26th & GIRARD AVE. ELISIE FERGUSON IN "A SOCIETY OF FOLKS"

FAMILY THEATRE—1311 Market St. 9 A. M. to 11:15 P. M. WALLACE REID IN "THE LOVE BURGLAR"

56TH ST. THEATRE—Below Spruce. NORMA TALMADGE IN "THE WAY OF A WOMAN"

GREAT NORTHERN Broad St. at Erie 2:15 & 8 P. M. "THE WAY OF A WOMAN"

IMPERIAL 40TH & WALNUT STS. MARY PICKFORD IN "DADDY LONG LEGS"

LEADER 41st & LANCASTER AVE. CHARLES RAY IN "GRASSED LIGHTNING"

STOP WASTING YOUR LIFE BY IMAGINING THINGS

To a Girl Who Allows One Thought to Take Up All the Room in Her Mind

IN THE lives of most of us there are bridges we never cross. In like manner there are infinite, imaginable things in our lives that we are always fencing. Sometimes it is a queer disposition, sometimes it is a jealous nature; more often than not it is a "lack of self-confidence."

Here is a letter from a girl, M. C., who is obsessed with the idea that she cannot keep up a conversation. When she is invited to any sort of a party or dinner for days before the evening comes she frets and worries and is perfectly convinced that she will stand out as a perfect stupid and a wall flower all through the entire affair.

Forget about it, M. C. You have tried your way for a long time and haven't had much success. Now try mine and a lot of other people's. In place of continually brooding over the tendency of yours to be shy just make up your mind to absolutely sidetrack your thoughts every time they start to dwell on the subject. You know it is a physical fact, M. C., that thinking about something once makes a slight impression on your mind, that thinking about the same thing twice impresses the idea a little more firmly there and

that allowing it to dwell there indefinitely can soon make it take up all the room in your mind. The thought gets all out of proportion to its importance. It obsesses you and becomes so large and real a part of your life not because it is important or true, but simply because you have thought it to recur so often. The same thing would have happened to any trained or idea to which you gave so much time.

NOW THEN. Start filling your mind with other things than this one great big senseless obsession. What if you can't keep up conversation with as much ease as the girl with the man across the table? Are you going to let all the good things in life pass you simply because one little gift has been denied you? They are bound to pass you, you know, M. C. If you still your brain by allowing only one depressing thought to continually remain in it.

And the most wonderful thing about filling your mind with other matter, M. C., is that before you know it you can talk "yards" without ever stopping to think twice what you are doing! Try it and then write again.

DRESSING DOLLS To the Editor of Woman's Page: Dear Madam—Could you give me information about what shops are wanting women for the dressing of dolls, work I am desiring greatly to do.

MRS. R. The only way to find this out definitely is to write to either the variety stores or write to the heads of the departments. The field in your particular case might be better among the smaller shops than the larger ones.

An All-American Dog To the Editor of Woman's Page: Dear Madam—I address this to Mrs. R. H.

Your letter in last night's EVENING PUBLIC LEDGER has already appeared to me and has prompted me to offer you my little dog if you would care for him. As I am boarding I cannot keep him with me and have been unwilling to give him up until I could find a good home where new owners would really care for him.

He is a little setter, crossed with spaniel, so a fairly small dog, not the size of the pure setter. He is three years old and has never been owned by any one except myself, as I found him alone in a bad neighborhood when only about two months old. He is very affectionate and faithful, a real companion and a good watch dog.

He has one very cunning little trick which we are proud of. We say to him, "What would you rather be than the Kaiser of Germany?" and he lies down as a "dead dog."

He is red-brown in color and has a white marking on his breast. I do not want to sell him, for I cannot not want my family's associations with him; but I would be glad to give him to any one who would be kind to him.

MRS. O. K.

When this most charming letter came three or four letters had already been forwarded to Mrs. R. H. And so, Mrs. O. K., I am taking the liberty of asking you if you would like to give the dog to some other reader. Presently I have several letters that offer good homes to dogs, and I feel sure you could trust this very good American dog to one of them. Let me hear from you, please.

Boy Scout Information To the Editor of Woman's Page: Dear Madam—I would like to have some information about the Boy Scouts. I am ten years of age, and I heard I could not join the regular Boy Scouts. Some friends of mine told me about the Junior Boy Scouts. Where can I register?

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