

GETTING THE BEST OUT OF FOOD—DRESSY SUIT FOR WINTER—CHOOSING THINGS—CYNTHIA

MRS. WILSON SUGGESTS USING GOVERNMENT RATION SYSTEM

Sixteen Ounces for Breakfast, Fourteen for Luncheon, Twenty for Dinner Is Food Allowance

By MRS. M. A. WILSON

THE ration system used by the government for daily use can well be worked out in the home. The average food allowance in weight is: For breakfast, about sixteen ounces; for luncheon, fourteen ounces, and for dinner, twenty ounces. This may be proportioned as follows:

Table with columns: Breakfast, Ounces. Items include Baked apples, sliced banana, one-half large orange, etc.

Now, one-tenth of this total weight must be a protein or body-building and repair food. One-tenth of sixteen ounces is one and three-fifths ounces. Have we this amount in this food? The fruit is composed chiefly of fruit sugar, mineral salts, distilled water and cellulose, and the food value is too small to be counted and depended upon.

Table with columns: Estimated Percentage of Food Elements, Per Cent. Items include Oatmeal, protein about 12 1/2%, Fat 7%, Carbohydrates 67%, etc.

About 12 1/2 per cent of five ounces of cooked cereal and about 4 per cent of three ounces of milk would be our protein content of the breakfast cereal. Twelve and a half per cent equals one-eighth, and one-eighth of five ounces would equal about three-quarters of an ounce. Four per cent of three ounces would

Adventures With a Purse

SO MUCH originality and ingenuity is displayed in the fashioning of today's chains and necklaces, that the matter of choosing from among them becomes a mighty difficult one. And yet, were you to see the ornaments for a black neck ribbon which I saw today, I think there would be little doubt as to your choice. Nature's jewels, they are called, and you will love the whimsical name. They are circular silver-edged cases of glass, butterfly in shape of your watch. Each one holds captive two unbelievably lovely butterflies—one at back and one at front. One of them has a butterfly with wings of the blue of skies, resting against a silk background, which brings a suggestion of milkweed. The other has a butterfly of golden yellow. These charms are priced at \$3 and \$3.25. One shop has just received some new ones. "But they won't last long," the shopkeeper confided. "It's impossible to keep them."

When they first came out, we predicted nobody but golf enthusiasts would ever wear them. That was before we had thought about their many advantages. "One would not have to wear high shoes with them," we figured, "and they'd be awfully smart with sport's clothes. You know the outcome. The woolen sport stockings have become exceedingly popular, the only drawback being their prohibitive price. But one shop has them for a remarkable price—\$2.50. You can get them in brown, blue, reindeer, or in mixed colors."

I have set for myself a difficult task, for I am about to describe a needle—not the common garden variety of needle that one uses to darn Peter's socks. Dear me, no! This is a special kind of embroidery needle which performs all kinds of tricks. Primarily, it makes French knots, but such a magic needle it is, it can disguise those French knots so that mademoiselle herself could not recognize them. Here is what you do—you thread the needle to a whole ball of yarn or heavy silk, and then by the simple process of pinching it in and out of your embroidery, without even so much as pulling it through, you make this lovely work which looks almost like tapestry. The Person-in-Authority showed me a bag the needle had made, which followed a headed design. She had clipped the heads right off the knots, however, and the result looked like softest velour with a lovely color pattern running through it. "There, I wonder if I have really explained it? Well, anyhow, if you are interested in embroidery, stop in and see how this magic one-dollar needle works."

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.

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.

be about one-eighth of an ounce. One egg averages in protein about 12 1/2 per cent, fat about 10 per cent, and one-eighth of two ounces equals about one-half ounce of protein in egg.

Bread and butter, about 9 per cent protein, or three-sixteenths; about 2 per cent fat and about 52 per cent carbohydrates.

In summing up the grand total for a rough approximate average it would be:

Table with columns: Breakfast cereal about 1/4, Milk 1/4, Egg 1/2, Bread and butter 3-16

or one and nine-sixteenths ounces of protein in the morning meal.

The total daily allowance should not be less than 10 per cent of the total amount of food, which is about five ounces; this is to be divided over the entire day.

To Plan a Luncheon One cup of cream soup, One large croquette or its equivalent in other protein foods, allowing

A MODISH BLACK VELVET WINTER SUIT



Here man is said to be partial to black velvet. Here is a modish winter suit in his favorite material. A feature is the elaborately embroidered panel in the back

A Daily Fashion Talk by Florence Rose

IT REALLY seems as if every woman you know well enough to talk clothes with is planning to get a suit. By the time peace came last autumn it was too late to think about new suits for autumn or winter. Most of us went about ordering new evening frocks to wear to victory balls and other such gala affairs, but our plans had been made for our suits and they were for the most part made according to the wartime idea of what a suit should be, something eminently serviceable and, if not actually a uniform at least very uniform in appearance.

But now—well, really women did get awfully tired of their uniforms and are getting the most elaborate suits they can find—velvet and embroidery and all sorts of other little feminine devices. Men who have been in the army and navy, you know, always pick that sort of suit for their wives.

And speaking of what men like and admire—did you ever notice how they fall for black velvet? Try this experiment if you aren't convinced. Select two suits of the same price and value, letting one be a black velvet suit and the other, let us say, a navy blue serge or cheviot, or possibly a tweed. Induce the husband to go with you to the shop where you have made your selections and then without giving him any hint as to the prices of the suits, get him to look at both suits. Try them on and let him see you wearing them. And unless the man suspects a plot of some kind or happens to be in some business connected with fabric or clothing, he will surely come to the decision that the suit of black velvet is far more expensive and what he calls "richer" than the other one.

One-Tenth of Total Weight Should Be Protein or Body-Building and Repair Substance

four ounces of meat, fish, eggs or legumes. One potato, Salad, Dessert.

Dinner Clear soup, one cup. Meat or its equivalent, four ounces, cooked weight. Potatoes, three ounces. Fresh vegetables, two ounces. Salad, one ounce. Dessert, two ounces.

This would provide a daily balanced ration that would keep us physically fit. Eating large allowances of starchy foods causes this product to be stored in the body in the form of fat. If we eat more protein, or body-building food, than is required for repair and building of new tissue, this product is not stored in the body, but is passed out through the alimentary canal; this causes unnecessary distress and it overloads the kidneys and liver.

Starchy foods and fats are also heat-producing foods and are consumed in larger proportions during the fall and winter, owing to the fact that the cold weather chills the surface of the body and more heat is needed.

Faulty elimination and overeating will produce auto-intoxication, which in its train brings other diseases. To attempt to prescribe remedies without first consulting a physician is dangerous. Consult a physician and then carefully follow his directions for dieting, cutting down and eliminating such foods as he will prescribe. Drink plenty of water, grape juice and buttermilk.

Care of Woolen Garments

Systematic brushing of your clothes every day will lessen expenditures for cleaning. Brushing done with a circular motion removes loose dirt, restores the nap and will help remove "shine." Skilful mending of wool garments is another means of prolonging their period of usefulness, say home economics experts of the Department of Agriculture. The success of a mend depends on maintaining the soft appearance of the surface, duplicating the weave, and using colors to match those in the garment.

Darning is practically the only method that will fulfill all these requirements. If the material is cotton in one direction and wool in another, make the darn correspond to the fibers in the original. Identify the weave and duplicate it as nearly as possible. Use colors which match, or neutral tones with specks of color as near the shade as possible. Use net, tape or mending tissue whenever possible for re-enforcement. Press the mended place and it will be less conspicuous.

The Successful Visitor

Visiting is an art. To make people feel at home in their own house is the highest point of human conduct. "He was never any trouble," said a certain woman of her husband, who, though he had never supported her, nevertheless made her happy for thirty years. What an epitaph for a permanent visitor!

From Carpet Strips

Beautiful rugs may be made of carpet strips sewed together, with or without a border. This carpeting is usually twenty-seven to thirty inches wide. Axminster, Saxony, velvet, velvet Wilton, Aberdeen, all have cut pile-like velvet. Brussels has a loop weave which is left uncut. Saxonians are revealing their secret and invaluable ideas and tramping roughshod over your mental gardens, with sublime unconcern.

Caring for Dishcloths

Rub soap on the cloths then soak in ammonia water for an hour or so, after which wash as usual.

Please Tell Me What to Do

By CYNTHIA

More About "Dolls"

Dear Cynthia—There aren't many of the boys answering the letters of "A Doll." Speed up, boys; opinions are not facts.

"A Doll" is as necessary to man (unmarried) as a cigar or cigarette, and satisfies his demand for the expensive in life. When we make a "Doll's" acquaintance we do not look for her soul, ambition or widely qualification. If they can "make up" well the symbol is worth parading.

When many of the boys are through with the day's work and shed their usuals they "doll up" considerably if a pen pusher or member of the white collar brigade has tried to "date up" the "doll." Where's the harm?

When many of us grow tired of jazz and calumnie and begin to think of kiddies and a home, we seek the real girl and, of course, she is more than an ornament.

I have met many of the girls in factories and mills throughout the states. None of the "dolls" have vamped me or the other boys. Perhaps we were not worth vamping.

Feminine intuition tells any "doll" that she'll not meet Prince Charming if she hides behind a pot of paint. Many of the boys do not want to meet "the girl" for she is synonymous with love and marriage, which is a jewel few can put in its proper setting. An imitation gem is a reminder of the genuine article. It is accepted by the ignorant as the genuine. A symbol is only a reminder in the form of "a doll." Nevertheless it raises the value and demand for "the genuine girl."

ELECTRICIAN.

Let the "Dolls" Alone

Dear Cynthia—I have been following the discussion rating the pros and cons of the doll type of girl with much interest, and would like to put in a word myself.

Somewhere, in my literary wanderings, I have met a verse running thusly:

"There is so much good in the worst of us, And so much bad in the best of us, That it hardly behooves any of us, To talk about the rest of us."

And isn't it true? But, to come to the point, I am a girl still in my teens, well educated, having been given many advantages, and among my accomplishments is numbered a fluent knowledge of foreign languages, from which I derive much pleasure. I hold a responsible position, and for a girl a rather unique one. But I am confined in an office all day long. By reason of close application I sometimes take on a little pallor, then I bring my rouge into play. I do not promenade the thoroughfares with hectic cheeks; I simply relieve the pallor. When my position warrants my seeing more of the great outdoors, I am not obliged to resort to rouge for color. When I need it, I use it. When I do not, I dispense with it.

But why knock the dolls? If a wholesale use of cosmetics gives them pleasure, let them go to it. Criticism will not force them to discard same. One girl is not held responsible for the actions of many others. Girls, be natural. Boys, be a little more broad-minded. If you do not care for the doll type of girl, avoid her company. If you do admire her, you will seek her anyway. But don't knock. I personally am by no means a doll, but have as much as I can do in following the straight and narrow path myself. JUST HUMAN.

The Question Corner

Today's Inquiries

- 1. Where does a teacher apply for a position in the Indian service?
2. What type of teacher is hardest to get and therefore most in demand in this service?
3. What gives a very smart, vivid touch to the all-brown hat?
4. When a neighbor calls on a newcomer in the neighborhood asking aid for some charity, etc., should the call be returned?
5. When at the sewing machine what precaution should be taken about the light?
6. To what use can a slightly cracked fruit jar be put?

Saturday's Answers

- 1. Discarded linen can be whitened by allowing to soak in buttermilk for a day or two. Rinse in cool water and then in warm. Bleach in the sun as well.
2. A motif is a design in beads, braid, etc., applied to a dress.
3. Sponging serge and then rubbing up the nap with fine sandpaper will remove the shine.
4. A serge should not be hemmed, for in spite of thorough pressing it is hard to prevent puckering.
5. Brown, rose and turquoise blue combine well with a tan dress that requires trimming.
6. Dry blankets that have been washed on the curtain stretcher to prevent shrinking.

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Keynote View Company. This smart suit for fall wear is developed in gray duvetyne. The back of the coat is embroidered in heavy silk floss in the same tones, giving that fashionable monotone color effect. The fur trimming is racoon

THE WOMAN'S EXCHANGE

A is Correct

To the Editor of Woman's Page: Dear Madam—A says it is improper in signing or writing letters to use the prefix Mrs. B says it is proper. Kindly settle the dispute. J. G. M. A is correct in this. A letter should be signed with the full Christian name and surname of the writer. In the case of a married woman she signs her full name, and in a formal letter writes her title and her husband's first initial in parentheses in front of the name. H. C. L.

Has Some One a Dog to Give?

To the Editor of Woman's Page: Dear Madam—Several weeks ago I received a letter from you about a dog that some one was to find a home for, and I said I would take the dog. Since I wrote you I have not received the dog. Please find out why they did not send the dog. It was a female dog. R. C.

To Wash Wool Shawl

To the Editor of Woman's Page: Dear Madam—Can you advise me how to wash a white wool flannel shawl? After I finished working it.

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THIS GIRL MUST GIVE UP ONE THING OR THE OTHER

Because You Can't Have Everything at the Same Time—The Social Whirl and Courses in Literature

ONE of the most helpful balancing slogans I know of is this one: "You can't have everything—at the same time."

What makes me talk about it at this particular time is a letter from a girl who is trying to decide whether or not to go to night school this winter.

Here is the situation. The girl holds a position which develops only the business bump in her mind and she would like very much to get acquainted with some of the fine things in the world that have nothing to do with business. That's easy, you say. If she knows what she wants to do, why doesn't she just go ahead and do it? But here's the rub. If the girl gives up a couple of evenings a week to a course in literature and a couple of others to preparing for it she will have to give up, to a large extent, going out at night.

"I am twenty-three," she writes, "and I don't feel that I can afford to drop out of things that way. When a girl gets to my age it's important for her to be meeting new men because—I am very frank about it—most of us expect to be married some day. If I give my evenings I will get all out of touch with social life because by the time I finish the course I want to take I will be twenty-five. Where will I be? I wish you would help me decide."

"ALL MIXED-UP."

BEFORE you look forward, "All Mixed-Up," look backward. Take the last two years of your life. What did they particularly gain you in the way of meeting a man whom you would like to marry? You spent the most of your evenings going around with the boys and girls and yet you are no nearer being settled in your life than you were at the beginning of the two years. Like as not the boys you knew last summer you do not even see now. What guarantee have you that the next two years are not going to be just the same as the last two? Maybe they won't. But maybe they will and the thing of it is you are gambling on an uncertainty. Not only that, but you are wasting precious years on an uncertainty.

Now let us take a look at the two years' evening course. It is something concrete—there ready for you to take. When the two years have passed you will have in your possession something definite. In other words, in realizing that "you can't have everything—at the same time" you will have gained at least one thing that no one can ever take away from you.

Old White Stockings

When white stockings are past mending, cut off the feet, then cut the legs open and cut in squares as nearly as possible.

Crochet an edge around several thick nesses with pink or blue; work a distinguishing mark or letter in the corner of each and you can supply the whole family with individual washcloths with little or no expense, as many times over has odds and ends of crochet cotton that can be used this way.

can tell!—Mr. Right: Man may be in the crowd.

Of course, there will be plenty of hard work and there will probably be evenings when you will look ruefully at the crowd starting out for the movies while you stay at home and study. When you feel regrets like these sweeping over your ambition nothing will help you more than to say to yourself, "You can't have everything—at the same time. Nothing was ever gained without sacrificing something else."

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THIS is only the logic of the situation.

Now let's look at it from another angle. Don't you suppose you are going to make new and different kinds of friends when you decide to take your common sense in hand and not let the yeags fly by without making something of them? Of course you are. Don't for a minute imagine you are going to apply for membership in a morgue when you enter a night school. Just because boys and girls are ambitious to learn doesn't indicate they don't still love fun. You are apt to have many jolly times with those with whom you become acquainted through your classes and perhaps—you never

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