

NUTRITIOUS MENU—DAINTY DANCE FROCK—WOMAN'S EXCHANGE—SENSIBLE GIRL—CYNTHIA

MRS. WILSON ADVISES DIET OF SENSIBLE FOOD

Gives Menu That Is Nutritious, Wholesome and Appealing for Building Up Health

Ten or Eleven Glasses of Water a Day Are Necessary to Purify the Blood Properly

By MRS. M. A. WILSON

Ask Mrs. Wilson. If you have any cooking problems, bring them to Mrs. Wilson. She will be glad to answer you through these columns.

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Please Tell Me What to Do

By CYNTHIA

Answers "The Little Doc"

Dear Cynthia—May I address a few words to "The Little Doc"? Thank you.

I hope you will not become cynical regarding the opposite sex. Just because your cousin and your friend's wife "cheated" as you say.

Sometimes a girl resorts to a little cheating by trying to make a man believe she has certain qualities which she knows he admires.

Dear Cynthia—I have written you before in answer to a letter written by a "Doc." I read the letter in the paper written by a "Doc."

It is admirable that you are a good salad dresser with a salad course to supply the needed fat.

A good grade of creamery butter is vitally necessary to supply the needed vitamins. The necessary bulk required for active elimination of the waste products from the body is taken care of in the cereal, fresh vegetables, salads, whole grain or cereal bread and the fruit desserts.

Dear Cynthia—Does it make a girl common when she is fourteen years old to run around with the boys to the picture show or any other place?

Dear Cynthia—Just a few words to you. Your letter struck my sense of humor. I am only seventeen, but know lots about boys and girls, having gone out with them for three years.

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IS IT HER FIRST PARTY?



Photo by Central News Service. Or is it the quaint frock that causes the pleased smile? It might well make her smile, for the dress itself is of sheer white net over a foundation of white satin.

There are times when I have wanted to buy a powder. I save just because of the dainty, attractive box. Then there have been other times when I have known the powder to be very good, but have been quite unenthusiastic because the box itself was so uninteresting looking.

Such testimonies as this are common in the meetings which accompany the present Y. W. C. A. campaign for funds, which are being carried on in various cities all over the country.

The building campaigns which are now going on have already secured more than \$3,000,000, and the drive continues until March 20.

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THE GIRL WHO IS GOING TO A BUSINESS COLLEGE

Decides That She Is Much More Sensible to Get Into Training for Her Position by Making Herself Get There on Time

THE usual Monday morning depression showed in the little group of girls waiting for the trolley to take them to business college.

"Oh, wasn't it hard to get up this morning?" sighed one of them. "I almost cut school," another agreed.

"Well," a third put in, "I was so sleepy that I almost decided to stay where I was and forget school. But then I just said to myself, 'Now, look here, you want a position some day, and if you ever get a position you'll have to go, whether you want to or not.'"

WASN'T she sensible? Her natural inclination was to lie back comfortably and think, "Oh, well, I have another month or two before I'll have to get up and be there on time, whether I want to or not."

But it is necessary, in order to be in a position of any importance at all, to give at least as much consideration to the requirements of your position as you expect the milkman and the loafer to give to theirs.

The sensible young school girl knows how she must begin right now to get accustomed to yanking herself out of a deep, deep sleep, squinting her eyes at the clock and grinning "Good morning" at the first glimpse of the door.

Other girls who really need every cent they make are bound to think, "I can't get away with it, why can't I?"

It doesn't do to take life and business too solemnly, or to feel too strongly the responsibility of your own influence on others in the office. Before you tell the "G" in the company and your righteous, amug, just-watch-low-I-do-I manner will make you unpopular.

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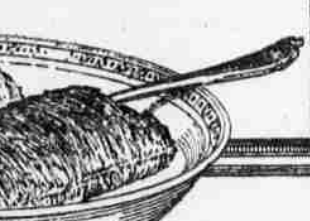
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OUR TEN-MILLION DOLLAR COOK

offers to you a product of dietetic science—the whole wheat prepared in a digestible form. We have ten million dollars invested in the process of making Shredded Wheat Biscuit—a process that brings to your table a crisp, tasty, whole wheat food—all the body-building material in the whole wheat grain.



Did you know that it is possible to get really nice veils, figured or plain, for as little as twenty-nine cents? There is just one shop I know of that runs a special veil sale every once in a while.

Cleaning Kettles. Use a small brush broom to clean your kettles, saucepans, spiders, etc. This saves the hands and cleans the utensils as well.

Using Maline. Maline fills in many places that yet it has so little bulk that it is hardly noticeable. An unusual use for it is the making of the necessary drapery on the hips.

Another use for it is the light, airy scarf that covers, and yet does not seem to cover, the very low neck. Some women prefer trying it to their wrists with a band of ribbon or a bracelet of ribbon flowers and the effect is charming.

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The material is blue tulle and the style is decidedly French. The little plaits on the hips make the desirable flare that is drawn in discreetly against the ankles.

A Daily Fashion Talk by Florence Rose. IF YOU have a French or a near-French physique, then the type of frock that I am showing you today will suit you.

In every crop of frocks from France there will always be some that do not seem to suit the American figure on this side of the Atlantic so well as they have the French figure on the other side.

And this is because our American women—and seem as if this applies increasingly to the younger generation—are broader of shoulders and hips and less round than the French women.

To be specific, the French women of the same weight and height as an American woman would possess a slighter frame, but she would probably be more round.

Now the type of frock that is shown today was designed in France. The bodice is fairly close-fitting, the shoulders are without drapery and there is little by way of collar or trimming to conceal any possible angularity of the wearer.

The new lampshade line is given to the skirt by means of the plaits that are laid below the waist to the hipline. And the hat—for a smart frock is of little avail if it is not worn with suitable millinery—is typical of the hats that will be worn by smart women when spring comes—a simple, untrimmed affair in navy blue straw, in an off-the-face shape that still retains its smartness.

The Woman's Exchange

A Day in 1899. Dear Madam—Will you please tell me what day of the week December 29, 1899, came on? MRS. W. G. December 29, 1899, came on Friday.

Getting More Modern. Dear Madam—Will you please tell me your opinion on what day did September 15, 1912, fall? MRS. C. S. D. September 15, 1912, came on Sunday.

Paste for the Hands. Dear Madam—Have or twice I have seen mentioned on the Woman's Page a good paste for softening the hands, composed of methyl, honey, yellow wax and rose water, but the proportions of each have never been given.

The Question Corner. Today's Inquiries. 1. How can a windowpane be glazed or stained by the amateur? 2. What will keep unframed, mounted photographs from curling up on the sides? 3. Describe an unusual skirt that would be pretty on a bridemaid's dress.

Saturday's Answers. 1. When a cork that has been used for a long time will no longer fit the bottle, it can be renovated by being placed in boiling water and allowed to cool.

ASK FOR and GET Horlick's The Original Malted Milk For Infants and Invalids. Avoid Imitations and Substitutes.

MARY A. WILSON School of Cooking 241 South 23d St. (E. S. Naval Commissary School) Instructor Domestic Science Sam. School University of Virginia. Registrations now open; classes start Jan. 9th, 1920. Phone Spruce 153

Fur & Millinery Shop, Inc. 1423 Walnut Street. PALM BEACH HATS. With all the dainty, distinctive touches which our patrons expect to find in OUR models.

January Savings on FURS. Full Line of Fancy Bags and Waists. Cuticura Soap IS IDEAL For the Hands. Open Saturday Until 9 P. M.

Princine. A Time-Saver for Dark, Cold Mornings. Miss Princine Pure Phosphate Baking Powder. 1 lb. weight, 35c. At Your Grocer's. 1/2 lb. weight, 20c.

Buehler Bros. GUITAR MARKETS. 931 CHESTNUT STREET. FOR TUESDAY & WEDNESDAY. Center Cut CHUCK ROAST 20c/lb. Leg of Yearling LAMB 25c/lb. Shoulder Yearling LAMB 15c/lb. Breast of Yearling LAMB 10c/lb. Lean Beef Plate BOIL 10c/lb. Our Own Sausage MEAT 25c/lb.