EVENING PUBLIC LEDGER-PHILADELPHIA, MONDAY, JANUARY 26, 1920



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

Appetizing for Building

Up Health

By MRS. M. A. WILSON icht, 1826, bu Mrs. M. A. Wilson, All elufits reserved.)

MIGRAINE, or sick headache, is fre-**WL** quantly caused, as the physicians refl us, by indiscriminate or univise eating. Improper food, failure to cat regularly and perhaps overcating are the real contributing causes of this condition, which can easily be overcome by carefully following the physician's advice and by careful dieting. Learn to drink a cun of hot water in the morning in place of ten, coffee or cocon, if you are stout. Flavor the water with orange, lemon or granefruit

or cocoa, if you are stout. Flavor the water with orange, lemon or granefruit fuice. A diet of overrich foods to the stout sedentary worker will result in chronic headaches, as will the diet of sandwiches, pickles, candy and cake that the young school girls and some of the business women affect. Quite recently a young woman was placed with me for a constructive diet by the obysicians, and when served the following menu she exclaimed: "Oh. my, Td much rather have a soda and some cake; your luncheon takes so long." and ret it was served in twelve minutes. This girl gained in weight

minutes. This girl gained in weight and at the end of three months admits ahe is row feeling better than she ever has felt in her life. She had for BREAKFAST

Juice of Two Oranges Wheat Cereal and Cream Broiled Chop Hot Milk

Tosst LUNCHEON

Cream Soup Cream Soup Celery Saind Butter Baked Potate Wheat Bread Stewed Fruit

Oyster or Clear Soup LAMPSHADE LINE



ems, bring them to Mrs. Wilson. She will be glad to answer you She will be glad to answer you through these columns. No per-sonal replies, however, can be given. Address questions to Mrs. M. A. Wilson, EVENING PUBLIC LEDGER, Philadelphia

Celery or Radishes Ronst, Broiled or Stewed Meat Whole Boiled or Mashed Potatoes One Green Vegetable

Salad Baked Apples or Stewed Fruit Small Cup of Coffee For variety there were stewed prunes, liced bananas, baked apples and cream,

and sliced pincapple-all these for the RAINE, or sick headache, is fre-mently caused, as the physicians s, by indiscriminate or univise . Imoroper food, failure to cat can be used.

Caledonian Cream or Fruit Whip

for luncheon soups there are tomato.

lear soups. If you consider this diet carefully, you will realize that all fatty and fried oods have been eliminated fram the menu. It is advisable to use a good salad dressing with a salad course to supply the needed fat. A good grade of creamery butter is

vitally necessary to supply the needed vitally necessary to supply the needed vitamines. The necessary bulk re-quired for active elimination of the waste products from the body is taken cure of in the cereal, fresh vegetables, salads, whole grain or cereal bread and

 A Potato
 Celery Salad

 Wheat Bread
 Buttor

 Stewed Fruit
 Cocoa

 DINNER
 Few people realize that unless they are willing to drink plenty of fresh utinking water, at least ten or eleven glasses a day, the blood stream cannot be thoroughly purified. Drink all liquid slowir, sipping rather than gulping down at three or four swallows.

 IS SHOWN IN THIS
 Frequently one will hear some one say that he doesn't really care for water and he would much rather drink

water and he would much rather drink ten or coffee with his meals. This per-son doesn't realize the barm that he is doing to himself. Pay full attention to your physician and he will tell you that you should drink pleuty of water.

The Woman's Exchange

A Day in 1899

Dear Cynthia-May I address a few words to "The Little Doc"? Thank

words to "The Little Doe"? Thank you. I hope you will not become cynical yourself regarding the opposite sex, dust because your cousin and your friend's wife "cheated." as you say. Most girls want to put their best foot forward, and if nature hasn't endowed them with plentiful hair they resort to artificial means; but I don't think I would condemn a girl for that. As for cheating at cards, that is abominable in either man or woman.

cheating at cards, that is abominable in either man or woman, Sometimes a girl resorts to a little cheating by trying to make a man be-lieve she has certain qualities which she knows he admires. For my part, I be-lieve the best plan is to always be per-fectly natural and just your own sweet self, and then you will never get into hot water or have vain regrets. A REAL GIRL.

Why Girls Are Cheats

Dear Cynthin-I have written you **Caledonian Cream or Fruit Whip** White of one egg. One-half glass of jelly Beat with a Dover egg beater until stiff like whipped cream and then use

in place of milk or cream Soft-boiled eggs, panned scrapple, French tonst, cream beef, codish and Finnan haddie can also be used. These will afford dhundant variety MARIE.

MARIE. Crinthia does not give personal names and addresses to the people who write to her. If you have an explanation to send to the "Little Doc" write it in the form of a letter to Crinthia and it For luncheon soups there are tomato, celery, onion, asparagus, spinach, cab-bage and all the other vegetables. Let-tuce, onion and other vegetables lat-tuce, onion and other vegetables lat-brend, bran and graham brends can be brend, bran and graham brends can be clams, cysters, salt cysters and vari-cus canapes may be used in place of the clear soups. If you consider this diet carefully,

Perplexed Newlywed

Dear Cynthia-I wonder if you can help me out on a problem. I am just newly married.

Last night I was at a club that I Last high I was at a club that I belong to which is composed of men, and women. I met some boy friends there who didn't know that I was married until some one there told them. One of them I used to like very much and still do like, whose name is "Rich." is part of the prob-lem. While pressing the hart I trok very much and still do like, whose name is "Rich." is vart of the prob-lem. While passing the bat I took some French coins from him and prom-ised to return them before I left for home. After the club I forzot all about the coins until Rich had just started down the hall for home with the boys. U called him and he came back, bring-ing the boys with him and making me accausinted with two of them whom I uidu't know. Of course, they all started kidding me about being mar-ried, and as we were talking my hus-band passed through the hall, but didn't even step and speak to me. So when

step and speak to me. So when a mother and dad started to go Rich said he would take me home torme Rich said he would take me home if my husband wasn't coming for me. I thought it all right, for I have known Rich a long time and he is an old friend. We were nearly home when I saw my husband behind, but he crossed over the street. Rich said that he would like to meet my husband, so I called him over Now he didn't even speak civilly to my friend and, natu-rally, I was anery, and Rich said good-

A Day in 1899 To the Editor of Woman's Page Dear Madam--Will you please tell me what day of the week December 29, 1899, came on? MRS, W. G. Docember 29, 1899, came on Friday. Getting More Modern To the Editor of Woman's Page Dear Madam--Will you please tell in your column on what day did Sep-tember 15, 1912, fall? MRS, C. S. D. September 15, 1912, come on Sun-day. Faste for the Hands For the Editor of Woman's Page

The Question Corner The Ques



SHE has just returned from New York, from scurrying around in this corner and that, picking up a lovely brass candlestick at one queer old shop, a rare print at another and some skillfully painted and lacquered Japanese boxes at still another. And now she brings back all her lovely treasures for us. Nor must you think that the prices she asks are high. Quite the contrary. She has, for instance, some striking Holbein prints, done in rich shades of brown-exquisite por-traits, framed in tan-brown frames. And she charges only \$5 for them. And a striking lacquer box is only \$5.

There are times when I have wanted to buy a powder I saw, 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. But now that I have discov-ered a face powder that leaves abso-lutely nothing to be desired and in a box that is the happiest, laughingest box that ever adorned a toilet table or dresser, words fail me! The powder itself is a soft, heavy powder that has just a touch of cold cream base is what makes the powder stay on so well. For a number of years I have been using the same kind of face powder, and felt sure that nothing could ever change me. But now I use this that I am telling you about. It's wonderfut. The price is \$1 a box, and a box lasts a long, long time. ong time.

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 safe every once in a while. The veils come in a number of colors, brown, black and gray, and some have fancy borders, while others are just fine net. And you will find that they wear very well. ceally like a fellow or are tired of going cisco restaurant, was one of the en out and would rather sit at home and talk to him, which is more of a nov-elty than going out with him. Did you forget this is leap year?

Cleaning Kettles

Use a small brush broom to clean your kettles, saucepans, spiders, etc. This saves the hands and cleans the utensil as well. Boiling water can then

Using Maline

such testimones 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 gratitude of foreign-born women for Maline fills in many places that would look unfinished without it, and 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 association's protection and com-fort in a strange land insures their willingness to work for its continued But this is more novel if the cascade is used on only one hip. Another use for it is the light, airy that covers, and yet does not seem to cover, the very low peck. Some women prefer tying it to their wrists with a band of ribbon or a bracelet of ribbon flowers and the effect is charm ing.

THE usual Monday morning depres-sion showed in the little group of girls waiting for the trolley to take them to business college. The talk cen-tered, as it always does on Monday morning, around the difficulty of get-ting up. "Oh, wasn't it hard to get up this morning?" sighed one of them.

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Photo by Central News S

building campaign for 1920. Although

this little girl has clung to the Chinese religion, she has found in the Y. W. C. A. "safety, home and friends" ever since she came to this country. Such testimonies as this are common

Or is it the quaint freek that causes the pleased smile? It might well

make her smile, for the dress itself is of sheer white net over a founda-tion of white satin. The narrow ribbons that make it so distinctive are

of blue and silver stripes, and you can be almost certain that the fash-

ionable feather fan is of the same blue as the ribbons

Adventures

With a Purse

morning?" sighed one of them. "I almost cut school," another agreed 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

74.2.24

The material is blue tricotine and the style is decidedly French. The little plaits on the hips make the desirable flare that is drawn in dis creetly again at the ankles. The bat is navy blue straw

A Daily Fashion Talk by Florence Rose

TF YOU have a French or a near-French physique, then the type of Trock that I am showing you today will mult you. But I know ever so many charmine young women of our own Angle-Saxon build who would look awkward and ungracious in that sort of frock.

of frock. 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 Amer-ican women-and it seems as if this supplies increasingly to the younger gen-eration-are broader of shoulders and hos and less round than the French hips and less round than the French woman. To be specific, the French women of the same weight and height as an American woman would possess a slighter frame, but the would prob-ably be more round.

Now the type of trock that is shown today was designed in France. The bodice is fairly close fitting, the shoul-ders are without wrinkle and there is ders are without wrinkle and there is little by way of collar or trimming to conceal any possible angularity of the wearer. And there are women who can wear this sort of thing, and if they can the effect is very charming.

In this model of mary blue tricotine there is a vest of cream-colored geor-pette crepe that is extended below the waistline in a decidelly clever manner. The elliptical line of the waistcoat is outlined by a row of small silver but tons applied to the blue tricotine. The waistline is marked fairly snugly by a narrow belt of the blue tricotine. Fer-haps a majority of the new frocks show the short French sleve. Of course, there are women who will not want the there are women who will not want the phort sleeve on street frocks, and for them there is a special appeal in this new long sleeve that flaces gently out from the shoulder, showing its wident part at the wrist line.

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 unitable millinery—is typical of the hats that will be worn by smart women when spring comes—a simple, un-trimused affair in navy blue straw in an off-the-face shape that still retains its equations.

Today's Inquiries

How can a windowpane be glazed or stained by the amateur?
What will keep unframed, mounted photographs from curv-ing up on the side?
Describe an unniual skirt that would be pretty on a bridesmaid's drag.

4. What will keep iron from rust-In writing a formal regret is it necessary to repeat the time for which the invitation was given?

6. What is the newest neekline'

For Infants and Invalids

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It is not so easy to remember that there is some one else to consider be-sides oneself after matrimony, but there is, and no wise or loving woman would want to forget it.

Suggests It's Leap Year Dear Cynthia-Just a few words to H C. W.: Your letter struck my seuse of humor. I am only seventeen, but know lots about boys and girls, having gone out with them for three years. You know there are times when we girls



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Maybe the girl has been trying to Maybe the girl has been trying to

get up courage to propose to you. This might explain why she does not go out. Think it over. A. M. R. Don't let the fear of leap year keep you from going to see her.

She's Too Young

Dear Cynthin-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?

get up courage to propose to you.



