And Some Good Advice About Suiting the Diet to the Season of the Year

condition and you are unable to cleanse it, discard it and be sure, when securing another, that the lid fits perfectly. Uncovered garbage pails are very dangled be fresh, of good quality and y ripe or in prime condition. Party decayed, wilted or underripe is responsible for Copyright, 1920, by Mrs. M. A. Wilson, lly decayed, wilted or underripe ages and food supplies, accumulate in the cellar: if this should be the case, that afflict us. Many physicians is tell you that experts declare that lly one-half of the food prepared for Disinfect all drains, sinks and toilets.

Disinfect all drains, sinks and toilets. r one-half of the food prepared for family table is destroyed so far as

at 70 degrees Fahrenheit, as much rich foods as you did last winter when the perature was at the freezing point and you were working constantly, you will most certainly be ill. Learn to adjust your diet to the season and the

This is the true secret of health.

If you are feeling fired, nervous, angry or ill, do not eat; rather miss a meal than to overlead the stomach at meal than to overlead the stomach at this time. Sunshine and fresh air are tonies that Mother Nature gives us in abundance as a panness for the above ills. Drink from ten to fifteen glasses of water each day, this causes the kidbeys and liver to remove the impurities from the blood stream and also cleanses out the digestive tract.

Now is a good time to see that every window and door is securely screened. Flies not only breed and carry disease, but also are an acknowledgment of the fact that the housewife is careless. reen the cellar windows and be sure the screens are fastened securely so that the screens are tastened securety so that stray animals will not be able to push them in. Flies carry the ptomaine brush to the earthen utensils and with a stiff brush to the earthen utensils and with a heavy cloth to the aluminum ware or other cooking utensils that are very badly discolored.

In order to keep the house free of files, it is necessary to keep the trush barrel securely covered and to clean and disinfect the corners and garbage cans. Many housewives who are immaculately clean about their houses are absolutely indifferent about the garbage can; they feel that they can successfully combat any invusion but the flies to their premises.

But how about your neighbor, the woman who has perhaps several small children running in and out of the house yard? You are morally responsible this menace to the public health. for this menace to the pure. So if your garbage can is in a filthy

#### Adventures With a Purse

"THEY" say in advertising A circles, there is no need for me to "sell" you on the advantages of coast cars for glasses. You know as well as I that tumblers will make marks on highly polished tables, unless they are placed on doilles or coasters. So all I need do is to tell you of the attractive coasters. of some artiste Japanese ware. They are of rich brown wood, and have in-laid designs of a light tan wood. Not only are they attractive, and different from the usual consters one sees, they also are most moderately priced for half a dozen may be purchased with eighty-five cents, while \$1.50 will buy a dozen.

likes to steal a few minutes in the aft - To the Editor of porch. But there is, of course, no reason why one should be idle as one sits.

Take the nightgowns, for instance—they they admitted.

The Question Corner

What floor covering which comes in dainty designs and coloring a

Describe a striking summer dec-

How can a stain made by kere

What is the proper was to wear

Yesterday's Answers

The newest type of drop streh stockings have the lines of open-work arranged at random so that

another runner more or less doe

when a man is introduced to a girl at a dance, courtesy oblige, him to ask her for a dance. The most satisfactory kind of kitchen table for wear, cleanly-

ness and appearance is the wood

en-topped table covered with white oilcloth. When the inside of a beel of a

shoe is worn into a hole that cut the stocking, it can be covered

by gluing a piece of velvet firmly

gee is dull gray blue with salmon

A pretty color scheme for a negh-

The chest or trunk in which blan-

kets are to be stored for the sum-

mer should be washed with hot

water and a few drops of car-

the newest bordered today 6. What is 'toile cire '

yellow and white striped

& Today's Inquiries

Who is Miss Edith Strau +?

satisfactory for a nursery?

sene be removed :

not matter.

belie acid.

se family table is destroyed so far as of values are concerned, in the reparation and cooking.

Cheap foods do not necessarily mean hat these foods are coarse and unblatable, but rather close, conservative buying, with food carefully cooked and swyll-seasoned and served.

Keen this maxim in mind, that if Keen this maxim in mind, that if with a liberal portion of the first good disinfectant, then flush well with boiling water.

Start your housecleaning in the cellar, clearing out the fruit jars and jelly glasses and then rinse and let dry. Return to the cleaned closet. Do not permit rubbish of any description to accumulate in the cellar. Do not hoard useless wormout pans

and dishes or cooking utensils. They only clutter the place and accumulate dust. Do not purchase utensils only to let them lie about unused. Rather use, a few tools constantly and have them kept in prime condition—rather this than a large number of tools that are unfit for use Try using earthenware and glass

Try using earthenware and glass casseroles for most of your cooking. Place three or four of these dishes in the oven at one time. The same heat will then be utilized for all three. To cleanse these baking dishes, do not put in water until they are cold and then soak them for several hours in plenty of warm, soapy water. He sure to cover the dishes at least two inches deep. Custard cups and bean puts may be Custard cups and bean pots may be cleaned the same way and, if any discoloration remains, use the following

One cup of cleanser. One-half cup of clean sand.

#### Mrs. Wilson Answers Queries

Dear Mrs. Wilson - Will you please suggest a suitable luncheon or other sort of refreshment for a party of about twelve couples? I had in mind potato saind, fried oysters, sand-

Will you kindly advise me through our paper? Mrs. R. E. N. Your menu is good. Plan to serve

Celery Radishes
Fried Oysters
Fotato Salad
Brend and Butter Sandwiches
Chocolate Layer Cake

Dear Mrs. Wilson-Will you kindly tet me know how long white flour will keep, and which is the best way to keep it? Mrs. V.

Keeping Flour Flour will keep in tinbox, in dry place, eighteen mouths,

### The Woman's Exchange

Visitors at Studio

Ghe

∠ily Glass-

a clean, white paper glass.

charming in appearance.

comfortable curved lip-

#### That Necessary Veil A Daily Fashion Talk by Florence Rose



There are all kinds of veils to choose from this year. Some are made of large mesh with a deep border of embroidery. Others don't show any border, but draw it in just below the chin—those are worn with small hats. Another attractive veil shown at the right has an em broidered edge and is allowed to hang loose from the hat

## Please Tell Me What to Do

Dear Cynthia-We are two girls, sixeen years- of age, but look nineteen (a) Is it proper for us to smile at any one if he tips his hat, although we don't know him? (b) Is it right for SMILES AND DIMPLES. (a) No it is not proper to smile at strangers, whether they tip their hats or not. They should be ignored, (b) It depends on the place and what your mothers say about it.

How Can She Tell?

Pear Cynthia—I am a young girl of seventeen summers. Recently I met a young man, two years my senior, with whom I felf deeply in love.

Cynthia, dear, how could I find out if he loves me? We are of different religion. Does that matter?

You cannot find out unless he tells you. If it is a question of Jew and Gentile, or Catholic and Protestant, you wisest plan is not to encourage love-making. Mixed marriages are seldom happy. PERPLEXED.

Her Family Objects

Her Family Objects

Dear Cynthia—I need some of your wonderful advice. I will ask a few questions I am a young man past nineteen and in love with a girl three years my junior. I am going with this girl for the last eight months. I have called to see her several times, and have also taken her out. Her mother, brother and father, that is, her entire family, do not like me, although she is a very nice girl and I have not found fault in her; she said she cares for me and I care so her the same, dear Cynthia. Of course, that does not mean that we the

TRAVELED THE GLOBE AND KNOW

She Won't Kiss Him

than six months.

Maybe you can help me out. I certainly hope to.

Be man chough to go and see her and tell her straight out that you are sorry you behaved as you did. Have you asked her to marry you? If not, she is perfectly right to refuse her kisses.

#### Tvy Poison

There is much that one can do in applying bome remedies for poisoning by poison ivy, according to representacare for her the same, dear Cynthia. Of course, that does not mean that we want to marry now, but we both have agreed to keep steady company. I love this girl and wouldn't part with her for the world. But I want to tell you what happened last week while I was talking to her. As we were strolling we happened to meet her father. I didn't know what to do. I was puzzled that minute. I wanted to leave her and run, but something held me back. If I'd run it would be worse for me, so I stood there.

As I got close to her father he said to me, "You better watch yourself." I hardly answered him back, in fear of trouble. tives of the United States Department

Take the nightgowns, for instance—the nightgowns of the state of the perfectly charming, and are so simple in design as to be easily embrodered, and in a short time, I saw some of pale pink, ready made, and with neck and she seems and seems of the perfectly charming and are so simple pink, ready made, and with neck and seeves daintily hemsitiched. These are not have too many nightgowns in hot weather. And you know yourself, one cannot have too many nightgowns in hot weather. And you know yourself, one cannot have too many nightgowns in hot dainty and attractive hand embroristic and in the server chairs that are very badly stratched up with varnish?

Sometimes you will be attracted by the more elaborately designed one will receive not your slightest glance. In the case of the ten angkins, for instance—these are not the elaborately designed one will receive marks the chair, sandpaper it aid use a reliable varnish to caver the whole case of the ten angkins, for instance—the whole case of the ten angkins one is necestomed. It would be better than instance—the indight of are also as a continue of the proposal of the propo but to 'I Lover,' You fell and may do a galm-perhaps not so quickly, but most likely you will. Experience and time will make you lit to meet any women in this world without losing your

News About Transport

In seeing. These are quite plain, having
a narrow border, fusels hemstiched
They are, of caurse, of linen. My idea
was this, that these anakins would be
most striking if they were embrodered in
the corners either with one inflial in
thands. He becoming on the transport
Thomas. It arrived at the islands Auril
12. Could you please find out when it
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Thomas. It arrived at the islands Auril
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Thomas. It arrived at the islands Auril
15. Could you please find out when it
seems there's a region. Some other
Thomas. It arrived at the islands Auril
16. Could you please find out when it
seems the report to meet the girl
who throws over a fellow after an enrefillow must have put it over on her and
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the fountains

#### A "LITTLE SUFFERER" FEELS THAT SHE WOULD LIKE TO DIE

She Has a Good Position and Has Won the Love of Her Middle-Aged Employer, and Now Her Brother Wants to Have Her Discharged

A GIRL who signs herself "Little Sufferer" has written an interesting letter telling about her troubles. It seems that her brother secured a position for her in the office where he is employed. It is a good position, and within a short time after she started, she says, she won the love of her employer, a middle-aged man. But her brother doesn't approve of her. He scolds her for everything she does that he doesn't like, and-as soon as they He threatens to have her out of the office in two weeks. She hates him, oh, how she hates him! Sometimes, she goes ou to say, she is so unhappy that she would like to close her eyes forever on all her brothers and sisters, and the parents who wish her unhappi

and the parents who wish her unlappiness.

Of course, she has an exaggerated view of the situation. You can't help feeling that it is only a very silly little girl who will talk about her middle-aged—and probably married—employer in terms of "love," three weeks after she starts to work for him. You feel that her brother is perfectly justified in "telling on her" and wanting to get her out of the office as quickly as possible. There is just one thing in this little letter that makes you stop in your condemnations and wohder about it—"I'm never given an opportunity to tell something."

There is just one thing in this little letter that makes you stop in your condemnations and wohder about it—"I'm never given an opportunity to tell something."

She Took the "High" Out of H.C.L. She Bolt GHT 5 lbs, 50e Coccasion for 22e lb, (saved \$1,15); is lowed or encouraged to tell things is almost sure to do foolish things.

TITTLE girls grow up with a deep GREEN'S, 4TH & VINE STREETS T ITTLE girls grow up with a deep

Asense of romance; and they love mys is over—well. I'm glad I am not a woman.

TRAVELED THE GLOBE AND KNOW THE TRUTH.

THE TRUTH.

TRAVELED THE GLOBE AND KNOW they exaggerate them and brood over tiem. Each time they make a romance out of an incident, and are scolded She Won't Kiss Him

Dear Cynthia—Five years ago I started keeping company with a girl about three years younger than myself if was twenty then). As is often the case, this developed into love on my part, which I fully believe was reciprocated by her.

In May she left the city, to be gone four months, and in all this time we corresponded, sometimes two or three letters a week, both of us always signing "with love" or something similar.

However, after her roturn to the city, she would not let me kiss her any more, although she still said that she loved me very much. Shortly after I stopped going with her, as this seemed like a strange way for her to behave.

Now I have, thought this over and have decided that I would like to "go back" and would be more than willing to do without the good-night kiss, but I cannot think of any excuse or pretext, as I have not even seen her for more than six months.

Maybe you can help me out. I certainly hone see.

## MANY PEOPLE

Take a few steps off Chestnut Street on 12th Street simply to see the

BEAUTIFUL **FLOWERS** 

We shall be glad to have you come in. Please don't feel obliged to purchase. THE CENTURY FLOWER SHOP \_12th St. below Chestnut St.\_

## The Trained Nurse Infant Shop 1810 Chestnut St.

(Phone Spruce 2196) SOMETHINGDIFFERENT Trained nurses always in attendance to assist in selection of layette for

PROSPECTIVE MOTHERS Special Beductions this week. Fine slik and wool infants' shirts, \$1.85 iregularls \$2): 24-inch hemmed birds eye diapers (regular price \$4.50), this week \$3.50.

20% Discount

every creeper, dress, suit; sizes from infant to 5 years of age, for this week 

## "DANDERINE"

Stops Hair Coming Out; Doubles Its Beauty.



A few cents buys "Danderine." After an application of "Danderine" you can not find a fallen hair or any dandruff, besides every hair shows new life, vigor, brightness, more color and thickness.

# he doesn't like, and as soon as they get home in the evening he tells their mother all about the events of the day. He threatens to have here the day.

She Took the "High" Out of H.C.L.
SHE HOLGHT 5 lbs, 50c Cocos
fbs, 50c Coffee for 38c lb.
(saved 60c); 5 slbs, 80c Tes
for 51c lb. (saved 81.45),
Total SHE SAVED......83,20

GREEN'S, 4TH & VINE STREETS EZ.TO BUY-EZ.TOPA

OPEN A CHARGE ACCOUNT 44 South 8th St.



feet, if walking has become a bug-bear, if night finds you in a hurry to change to easy slippers,-make your next pair of shoes Cantilever Shoes. You will be delighted with the comfort, the relief from foot troubles, that they bring you. There is room for the toes.

In Cantilever Shoes, there is no sensa-tion or pressure or binding on any part of the foot. Lacing them draws up the dexible shank of the shoe to support the arch of the foot, and the very fexibility of the shank permits the greatest free-dom in walking.



Experts will take pleasure in conscientiously fitting you. Come in and try or a pair of the new Cantilever Shoes for Spring. They are good looking, made of the finest kidskin, on trim lines. Made by "Edwin C. Burt." Widths

1300 Walnut Street Over Cunard Office Philadelphia

# You Love to Wear Cantilever Shoes provide such perfect comfort, it is a pleasure to dor them in the morning-and to wear If you suffer from being on your

The last, patterned from the outline of the foot, has a natural innersole line. This, combined with the fact that the Cantilever heel is slightly higher on the inside than on the outside, permits the foot to point straight ahead-a natural position which gives more comfort and greater endurance in walking and standing.



CANTILEVER SHOE SHOP

# **Gifts**

Dinnerware, Decorated Plates, Sets, of Table Glass, Mahogany. Novelties, Lamps and Shades, Sheffield Plate, Dutch Silver, Ornamental

In Philadelphia, when selecting smart gifts, it is the custom to "first see what they have at Wright, Tyndale & van Roden's."

Wright, Tyndale & van Roden, Inc. Reputed the Largest Distributors of High Grade Dinnerware 1212 Chestnut Street

#### Catching Flies

Mothers' Helpers As a supplementary means of controlling flies, traps are of much value. The same general principle is involved in nearly all fly traps, although they may appear quite different. The flies are attracted into a cage through a passage, the entrance of which is large and the exit small, so there is little chance of the flies, once in, finding their way out again. One kind is a window trap which catches the flies as they endeavor to leave or enter a building. The garbage can trap catches those that have entered garbage cans. The manure box trap retaits flie flies which are bred from infested manure put into a box. A bulletin issued by the United States Department of Agriculture for free distribution gives full directions for making and operating a number of kinds of fly traps. Girls in Detroit, Mich., who have been unable to find rooms to live in at reasonable rates are offering to help housewives evenings and Saturday afternoons in exchange for rooms. Many of these girls take care of children in the evenings or help with the dren in the evenings or help with the housework, in this way getting comfortable quarters and saving heavy

## POMPEIAN OLIVE OIL Sold Everywhere

# Tea and Coffee **Hurt Many People**

If tea or coffee disagrees with you, make a ten days trial of

More healthful than tea or coffee. Costs less, and Its flavor pleases. Sold by Grocers Everywhere



PHOTOPLAYS

PHOTOPLAYS

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The following theatres obtain their pictures through the STANLEY Company of America, which is a guarantee of early showing of the finest productions. Ask for the theatre in your locality obtaining pictures through the Stanley Company of America.

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EUGENE O BRIEN ID.

"HIS WIFE'S MONEY"

OVERBROOK 68D AND
ALLAN DWAN 8

"SOLDIERS OF FORTUNE" ALLEGHENY Frankford & Allegheny Mat. Daily 2:15, Evgs. at 8
CLARA KIMBALL YOUNG IN
THE FORBIDDEN WOMAN

APOLLO 52D & THOMPSON STS. NORMA TALMADGE in SHE LOVES AND LIES ARCADIA CHESTNUT Below 16TH
10 A. M. to 11:15 P. M.
BERT LYTELL IN
"THE RIGHT OF WAY"

BALTIMORE 51st and Baltimore Even. 6:30. Sat. Mat. MABEL, NORMAND in PINTO BLUEBIRD BROAD STREET AND SUSQUEHANNA AVE.
DUSTIN FARNUM IN
THE CORSICAN BROTHERS"

BROADWAY Broad & Snyder Ave "HUCKLEBERRY FINN"

CAPITOL 722 MARKET STREET
10 A. M. to 11:15 P. M.
EARL WILLIAMS IN
"CAPTAIN SWIFT" CENTURY ERIE AVE. AND 6TH MAT. DAILY COLONIAL Gtn. 4 Maplewood Avec LITTLE SHEPHERD OF KINGDOM COME

EMPRESS MAIN ST., MANAYUNK MATINEE DAILY FAIRMOUNT 26th & Girard Ave HIS WIFE'S MONEY

FAMILY THEATRE—1311 Market I 56TH ST. THEATRE,—Below Spruce MATINEE DAILY WILLIAM FARNUM in HEART STRINGS. FRANKFORD 4715 FRANKFORD

HOBERT WARWICK IN GREAT NORTHERN Broad St. at Erio 7 7 2 9 P. M.

IMPERIAL 60TH & WALNUT 5TS.
MAIS. 2:30. Even. 7 & 9
CLARA KIMBALL YOUNG IN
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CLARA KIMBALL YOUNG INTHE FORBIDDEN WOMAN

LIBERTY BROAD & COLUMBIA AW, LOVE WITHOUT QUESTION

333 MARKET STREET THEATRE WILLIAM PARNIM IN HEART STRINGS IN MODEL 428 SOUTH ST. Orchestra.

Continuous 1 to 11.

ELSIE JANIS in

THE MIP.

Complete chart abowing programs for the

PALACE 1214 MARKET STREET

THE RIVER'S END PRINCESS 1018 MARKET STREAM
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"THE GREATEST QUESTION"

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AT THE PENOCKEN ST.
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"MARY ELLEN COMES TO TOWN" RUBY MARKET ST. BELOW ITH 10 4 M. to 11:15 P. M. THE GIRL OF THE SEA.

SAVOY 1211 MARKET STREET

8 A. M. TO MIDNIGHT

MAY ALLISON IN
THE WALKOFFS.

SHERWOOD 54th and Baitmon Mat. 2: Evs. 43 STANLEY MARKET ABOVE 1618 P. M. 10 11:15 P. M. DE MULLE'S "WHY CHANGE YOUR WIFE."

VICTORIA MARKET ST. AB OTS

BA. M. to 11:15 P. X

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CEDAR 60TH & CEDAR AVENUE SYLVIA BREAMER IS.
TOURNEUR'S "MULADY'S GARTER"
Added, "ANIMATED TIRES" COLISEUM MARKET BETWEEN 56TH AND 60TH ROBERT WARWICK IN THOU ART THE MAN"

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#### Glasses makes sodas taste twice are used as good! the aristocrat among paper glasses. PURITY SPECIALTIES CO. DENCKLA BLDG. PHILADELPHIA