

MRS. WILSON SUGGESTS DIET FOR COOLING, LIGHT MEALS

Soup, Salad, Bread and Dessert Make a Suitable Lunch for Business People in Summer—Fresh Fruits Purify Blood Stream

By MRS. M. A. WILSON

TODAY, as never before, there is a great need for the busy worker to understand his physical make-up thoroughly. Years of scientific observation serves as a real guide to help plan a diet for each individual.

The man who does hard, laborious work in rolling food or factories can at this season of the year still eat and digest his pork and beans and hot biscuits, while the chap who works indoors, with perhaps a short walk three times a day, would be unable to digest this diet.

Obviously the lesson teaches us that muscular exercise requires some protein or body-building food and a fat. It demands abundant supply of carbohydrates or starch and sugars as energy foods.

The brain worker will require a protein or body-building food, with some fats and little starches and sugar, and a plentiful diet of succulent greens and fresh fruits.

A clear head is essential for the brain worker, and this demands that the blood be rich in oxygen and free in circulation. It should accelerate all the cells of the body to their maximum capacity and necessitate easily assimilated protein foods for repairs.

Lack of fresh air and good, active exercise frequently makes the stomach irritable and finally the stomach is overloaded with unsuitable foods, which in time produce various intestinal disturbances and physical breakdowns.

When a man breaks at fifty it is said application to his work is responsible, and never because he has been foolish in his diet.

Food for the brain worker during the hot season of the year should be light and delicate. It should be easily digested, with an abundance of fresh green vegetables, salads and fruits.

Habits are very powerful and to convince some people that a light breakfast, a delicate luncheon and a good evening meal is conducive to good health for the normal business person is almost a warnerman job.

Do not eat cereals during the warm weather; they furnish heat and energy and thus cause the sedentary worker to feel as though he were on fire. If you agree with you, stick to the following menu:

Large Sauter of Fresh Fruit Soft-Boiled Eggs Coffee

Watercress, Lettuce or Cabbage Salad, Preferably Fresh, Uncooked Fruit Tea or Coffee

The following is a reply to a question about what was wrong with a menu printed in the contest:

Dear Mrs. Wilson—The menu starting with salmon croquettes is, I think, poorly balanced, and she has neither bread nor butter, not even a beverage. I don't think tapioca pudding and grape juice pudding go very well.

You are right; the money spent for these desserts could be spent to a better advantage for more seasonable foods.

Dear Mrs. Wilson—I would like to submit the following menu to your contest.

Shrimp Wiggle Lettuce and Tomato Salad Hot Baking Powder Biscuit Baked Bananas With Lemon Sauce Coffee

SALES SLIP One can of shrimp \$.25 Onions .20 Butter, 1/2 pound .18 Flour .10 Shortening .11 Milk, 1/2 pint .10 Lettuce .10 Tomatoes .20 Oil and vinegar for dressing .12 Bananas, four .15 Lemon .02 Coffee and sugar .06 Total \$1.50

This menu is not sufficient for four people. It needs a starchy food, such as rice, macaroni or potatoes, and a green cooked vegetable.

Join the PRIZE MENU CONTEST The following prizes are offered for the best menus for a \$1.50 dinner for four people:

FIRST, \$2.50. SECOND, \$1. THIRD, \$1.

Rules—The foods used must be staples and in season. The menu must be accompanied by a sales slip showing the cost of the materials used. The name and address of the sender and the date must be clearly written. Address all menus to Mrs. Wilson's Menu Contest, Evening Public Ledger, Independence Square

IF YOU DON'T WIN A PRIZE MRS. WILSON WILL TELL YOU WHY.

IMPORTED POMPEIAN OLIVE OIL Make it a part of your daily diet

A.K.N. BUTTER

One of our grocer friends asked: "Why is it that so many women in my neighborhood decided at almost the same moment they wanted the same thing?"

Good news travels fast. "Philadelphia's Finest Butter" needs only an introduction to become a lifelong friend.

H. R. AIKEN Wholesale Butter, Eggs, Margarines 128 N. Delaware Ave., Phila.

Wholesale Butter, Eggs, Margarines 128 N. Delaware Ave., Phila.

BECOMING TOGS FOR AUTOMOBILING

Boiled Potatoes Garnished with Parsley Spinach with Boiled Egg Cucumber, Lettuce and Sliced Onion Bread and Butter Tea Instant Tapioca Pudding

Mrs. Harry Bonney, 1924 Harrison Street, Frankford

Steamed Eggs With Cheese Sauce Mashed Potatoes Buttered Peas Bread and Butter Coffee Strawberry Shortcake

SALES SLIP Radishes .04 Two pounds boiled halibut, at 25c .50 Egg sauce .10

Peas .25 Potatoes .10 Strawberries .25 Tomatoes .25 Milk .10 Butter .12 Bread .07 Coffee .05 Total \$1.50

The Woman's Exchange

To a "Reader" The questions upon the proportions of the individual woman. If she is inclined to be small, naturally every part of her should be in proportion.

A Beauty Question Dear Madam—I would like to know whether there is any way of bleaching the hair from the crown and how to do about it.

A Housing Problem To the Editor of Women's Page: Dear Madam, I am a constant reader of your column, and knowing that you have helped others I am coming to you for information in regard to housing problems.

A Daily Fashion Talk by Florence Rose It was an old-time fallacy in dress-making among us Anglo-Saxons that one could not be serviceably and at the same time beautifully dressed.

Some Post Dear Cynthia—I am sending you a poem on my ideal girl:

She is clever, witty and worldly-wise And sharp enough to perceive That fellow who always make goo-goo eyes Are the ones who are out to deceive.

They're Better Than Ever when you pour crushed strawberries over Post Toasties and cream — Bobby P.S. They can't Be beat

The Question Corner Today's Inquiries 1. What material is practical and inexpensive to use for furniture covers?

2. Describe an attractive sports hat to wear with a sweater.

3. What is a convenient and safe case for carrying jewelry?

4. How can the two-toned ribbon used on formal bouquets be utilized?

5. What device is now made to prevent the bumping and clicking of high heels?

6. Of what material are attractive door curtains made for a summer house?

Yesterday's Answers 1. Warm olive oil said to make the eyebrows grow thick and evenly.

2. An aluminum clothes sprinkler is convenient to distribute water evenly in baking pastry.

3. A pillow cover of oilcloth with a stenciled design is attractive and practical for the porch.

4. A novel hat crown that would be pretty on a bridesmaid's hat is made of garlands of roses, woven so that the hair shows through the openings.

5. The maid of honor precedes the matron of honor in the wedding procession. This is reversed in the recessional.

6. Flannel is a popular material for sports clothes this summer.

Mrs. A. Peirson, 4329 Lancaster Avenue

Boiled Halibut Egg Sauce

Walter Jahn's "SUPER-CREAM" EVAPORATED FOR TABLE USE

Real Cream Try It Economical... Ready to Use... No Waste

An absolutely pure selected cream, delivered to our creameries daily from the finest dairies, prepared by Walter Jahn's exclusive new process, put up fresh and sweet in cans ready for instant use for every table and cooking purpose.

Contains a third more butterfat than ordinary dairy cream—a rich, smooth, heavy cream. Adding an equal part of water to the contents of a 30c can yields almost a pint of tasty, creamy product, delicious when used with fruits, cereals, coffee, tea, etc. Unsuspected for making ice cream, cream dressing, candy, etc. Whips like new cream. Sold by all good grocers in 7 1/2 ounce and 15 ounce cans. Keeps indefinitely when unopened.

A Real Friend When the Unexpected Guest Arrives RICO MILK PRODUCTS CO., Inc. Executive Offices: Bush Terminal Building No. 10, Brooklyn, N. Y.

PLEASE TELL ME What to Do

By CYNTHIA

Why Are Blondes Popular? Dear Cynthia—Why do most fellows like blondes? I have often wondered about this. I am considered quite pretty by both sexes. I have dark curly hair, dark blue eyes and regular features, and well-proportioned figure. I have lots of boy friends, but it seems if there is a blonde around she will attract them all, no matter how ordinary and plain she may be.

I would like to hear the men readers answer to this. CHERRIE. Speak up, readers; if this is so, tell us why.

Is Self-Conscious With Boys Dear Cynthia—I am nineteen years old and very much in need of advice. The trouble with me is I cannot seem to get along very well with boys. At dances I am fairly popular, but very few boys come to see me or offer to take me to places of amusement. I am always ill at ease with them and I find it hard to make conversation. What can I talk to them about that would interest them besides books and theatres? What do other girls find to talk about? Will one of your readers answer?

I am not awfully unattractive and have lots of girl friends, but there are very few boys whom I could really call "friends." Please give me some of your good advice, Cynthia, and tell me how to overcome being so self-conscious.

A WOULD-BE VAMP. Try not to think you are self-conscious. Lead a boy to talk to you of himself—the sports he likes, his college, his favorite books, etc. Watch the other girls and listen to the talk. Above all do not show you are anxious to please, but be intelligent in your questions and answers and do not rush. Perhaps some of the readers who have overcome bashfulness will give you the benefit of their experience.

Some Post Dear Cynthia—I am sending you a poem on my ideal girl:

My ideal of the perfect girl I've never been lucky enough to behold. She is a girl without frill or curl, And all those ornaments—I'll leave untold.

She is clever, witty and worldly-wise And sharp enough to perceive That fellow who always make goo-goo eyes Are the ones who are out to deceive.

She, of course, must be learned in housewifely arts, Or else there is something amiss. She should also withstand Cupid's false darts, And save for the "right one" her kisses.

She must be a listener, as well as a chatter, Always ready to hear "his" tales of woe, Striving to soothe, without any clatter, The hurt feelings of her chum and beau.

She should be what "they" call A "dear little pal." DAY DREAMER.

They're Better Than Ever when you pour crushed strawberries over Post Toasties and cream — Bobby P.S. They can't Be beat

The finest Chocolate in the World A Food Not a Luxury

Bachman's Sweet Milk Chocolate

Bachman's Chocolate besides being a most delicious confection is an ever-ready concentrated food. It has all the flesh-forming elements which make it as unequalled in nutrition and economy as it is in flavor and richness.

On sale at all news stands and candy stores

MADE BY BACHMAN CHOCOLATE MANUFACTURING CO. MT. JOY, PENNA.

WOMEN WHO EXPECT SERVICE AT ANY TIME OF DAY OR WEEK

Think That People Who Take Half-Holidays and Leave Their Offices at Night Do Business in a Very Funny Way

The telephone bell in the little embroidery shop rang loud and clear. But the little embroidery shop was empty at 3 o'clock on Saturday afternoon and the bell rang on, unanswered. The operator gave her singing "Does not answer no-how!" and clicked off the connection.

"Well," exclaimed the woman who was calling, "I don't think that's much of a way to do business. Advertise that they do embroidery and hemstitching and then leave right in the middle of the afternoon!"

"This is Saturday, you know," suggested some one, "perhaps they have a half-holiday, just like the business places."

"Perhaps they do," retorted the other, "but I must say that's a pretty funny way to do business. Now I'll have to wait until Monday to find out about that hemstitching I want done."

It never occurred to her that she was talking about human beings. They did not seem like that to her at all. They were just "they," who were there for the sole purpose of serving her in doing her hemstitching. That they should have chosen to take a half-holiday on the very day she wanted them seemed most inconsiderate to her. It was outrageous.

Women like this waste more time for themselves and other people than almost any other type. They spend half an hour arguing that some one who isn't there should be there because she could be useful to them. Other people exist for their only in so far as they can be useful. A saleswoman in a store isn't a woman to them, she's just a necessary part of the counter. Of course, she needn't be treated with any more courtesy than a part of the counter, either. If other customers happen to have bought all the gingham of a certain color, then this saleswoman is entirely to blame for the poor management of the store. A funny way to do business, indeed, advertise gingham and then not have the kind that people want.

WOMEN of this type have been known to call up business places and stores in the middle of the evening to ask about something usually unimportant. When they find that there is no one there, their indignation rises with their voice. "How can they do this?" they cry in sarcastic astonishment. "Well, I don't see why there isn't at least somebody there to answer the telephone. How can anybody find out anything?"

"People have to go home some time, you know," the operator suggests mildly. "They've been here all day long."

There being no answer to that, they hang up. That's the trouble—you never can "get" these people. You are always so filled with astonishment and rage at such an unreasonable attitude that you can't think up anything suitable to say. By the time you form a remark that will either freeze or scorch your victim, she has realized your intention

Adventures With a Purse

When I first saw it, I could not, for the life of me, think what it could be for. It has a kind of round wheel, which turns and grinds with a most pleasing whirring sound. And it has a long thing with something on the end of it. There, isn't that a clear description? Well, anyhow, when I tell you what it is for, you will have a much clearer idea of its appearance. It is

Here's how we make Tetley's Orange Pekoe such delicious fragrant tea; we blend it right. But, then, we've been doing it for over a hundred years! Try a tinkling, icy glass with dinner.

JOSEPH TETLEY & CO., Inc. New York, N. Y.

TETLEY'S TEA makes good tea a certainty

The MODERN SOAP

PEARL BORAX SOAP CHIPS for Electric Washers

Best for Washing by Machine or Hand

for MODERN METHODS

Kirkman's Soap Powder

The Way to Wash Your Dishes

Kirkman's Soap Powder dissolves rapidly in hot water and is unequalled for washing dishes, sinks, bath tubs, floors, and for all rough household cleaning.

The same honest quality as found in Kirkman's Borax Soap

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