A soft gray silk coat is an at

tractive motoring necessity very different from the unbecoming "dusters" of several years ago. The scarf is finished at the ends with blue wool. The hat matches

the wool in straw and has a scarf

of gray silk

A Daily Fashion Talk by Florence Rose

TT WAS an old-time fallacy in dress

ing among us Anglo-Saxons that

one could not be serviceably and at the

same time beautifully dressed. For that

reason there were whole decades when

no effort was made to beautify such

perform as were those hideous, graceless garments of an earlier decade.

And here is one for inspection today—or rather the sketch is here to show you how truly attractive it may appear. It is of silk in a soft gray tone—infinitely more becoming than that non-descript sallow tone of which the old type of "duster" was made. A note of becoming color is introduced in the form of blue varn which forms ends of the

becoming color is introduced in the form of blue yarn which forms ends of the scarf.

And why not a hat to go with your motor duster? It presents a far more picturesque ensemble than as if you wore any suitably shaped hat you could find. Here is one of blue straw with a descriptor of gray silk.

Copyright, 1920, by Florence Rose

A Food

Not

draping of gray silk.

BECOMING TOGS

Soup, Salad, Bread and Dessert Make a Suitable Lunch for Business Peores in Summer-Fresh Fruits Purify

Blood Stream

great need for the busy worker to derstand his physical make-up thor- ads and watercress aid greatly in keep-

ves as a real guide to help plan a tary for each individual. The man who does hard, laborious in rolling mills or foundries can rest his pork and beans and hot bisthis senson of the year still eat and mes a day, would be unable to digest

Obviously the lesson teaches us that who body-building food and a fat. It between the body-building foo rates or starch and sugars as energy

The brain worker will require a protein or body building food, with some plentiful diet of succulent greens and resh fruits.

A clear head is essential for the brain orker, and this demands that the blood e rich in oxygen and free in circula-It should accelerate all the cells the body to their maximum capacity necessitate easily assimilated pro-

ercise frequently produces a finicky ap-petite and finally the stomach is over-leaded with unsuitable foods, which in time produce various intestinal arbances and physical breakdowns. When a man breaks at fifty it is said polication to his work is responsible, and never because he has been foolish

Food for the brain worker during the tot season of the year should be light and delicate. It should be easily digestwith an abundance of fresh green

regetables, salads and fruits.

Habits are very powerful and to conince some people that a light breakfast, delicate luncheon and a good evening meal is conducive to good health for the ormal business person is almost a su-

Do not eat cereals during the warm reather; they furnish heat and energy and thus cause the sedentary worker to sed as though he were on fire. If one feel as though he were on fire. If eggs

Large Saucer of Fresh Fruit Soft-Boiled Eggs
Coffee

By MRS. M. A. WILSON

(Copyright, 1928, by Mrs. M. A. Wilson. All rights reserved.)

(Copyright, 1928, by Mrs. M. A. Wilson. All instant use. Hence, eating fresh fruits brings a sense of cooluess to the body. Mineral salts present in the fruit sal-

> Luncheon during the warm weather is frequently a delusion to the busy worker. The motley array of foods on the menu frequently cause him to say "Oh, well, give me anything—a sand wich and a cup of coffee will do." This is followed by a dessert. Try this menu:

Cream Soup Salad Whole Wheat Bread and Butter

For variety in soups, try asparagus, tomato, oulon, puree of pea, spinach, celery and claus. Salads should be composed of an abundance of lettuce with tomatoes, string beans, celery: Butter deviled egg, macedoine of vegetables. Cheese Heavy protein saileds, such as crab, lobster, chicken, ham and potato, shrimp and other meats are undesira-Let the dessert be of a delicate

This diet will prevent that heavy, drowsy-all-over feeling that comes to the brain worker after the usual noon meal. In the evening, when returning from work, rest a few minutes and then take a cool bath and change into other clothing before dinner. Then plan a menu as follows:

Appetizer Radishes Young Onions Lamb, Chicken, Fish or Made Fish,

No Potatoes Two Cooked Green Vegetables Salad, Watercress, Lettuce or Cabbage Dessert, Preferably Fresh, Uncooked

Fruit Tea or Coffee

The appetizer may be either a canape, fruit or vegetable cocktail, or nicely chilled grapefruit or melons. Not over four ounces of ment and two or three generous helpings of the cooked fresh vegetables and a liberal portion of salad

should be the rule.

Summertime is very favorable to serving an entree in place of the meat:
Baked and stuffed eggplant, baked and stuffed tomatoes or green peppers, egg, cheese, peas, lima bean croquettes. Fish, crabs, salt oysters and clams may be served an gratin, a la Newburg, a la king, deviled and a la ravigote style. Remember that starchy and sweet

can of shrimp.....\$.25

Bananas, four

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

PRIZE MENU CONTEST

The following prizes are offered for the best menus for a \$1.50 dinner

> 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

IMPORTED

POMPEIAN OLIVE OIL Make it a part of your daily diet

A.K.N. BUTTER

of our grocer friends asked: 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

Good news travels fast. "Philadel-phia's Finest Butter" needs only an introduction to become a lifelong

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



Cucumber and lettuce and onion... Vinegar, salt, pepper, etc.....

MENU

Potatoes Strawberries

Exchange

To a "Reader"

The questions that you asked depend entirely upon the proportions of the individual woman. If she is inclined to be small, naturally every part of her should be small in proportion, if her frame is large and she is tall, her proportions should be large also. There is really no "large" or "small" about it; it is "proportion."

I could not advise you about this oil that you asked about. You had better consult a physician before taking it, as it might be injurious to you.

A Beauty Question To the Editor of Woman's Page:

There are numerous depilatory powders sold in the drug stores that will remove this hair very easily. The directions for their use are always printed

Honor List

Mrs. Blanche A. Truchses, 712

MENU

Bread and Butter SALES SLIP

he joint milk he-quarter pound sugar

Mrs. A. Peirson, 4329 Lancaster Avenue

Boiled Pointoes Garnished with Paraley Spinach with Boiled Egg Cucumber, Lettuce and Silced Onion Saind FOR AUTOMOBILING Bread and Butter Instant Tapioca Pudding SALES SLIP

Butter
Tea, sugar and milk.....
Instant taploca

Mrs. Harry Bonney, 1924 Harrison Street, Frankford

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

SALES SLIP

The Woman's

To a "Reader"

Dear Madam—I would like to know whether there is any way of bleaching or removing hair from the arms and how to go about it. M. E.

on the wrappers and they are very easy to follow. These preparations are not very expensive.

A Housing Problem

To the Editor of Woman's Page:

Watercress Toast Coffee
Bacon and eggs, brottel fish, grilled
ham may also be used for variety. An elember that starch, and sweet
fools overheat the bedy, fireen, succulent, well-cooked vegetables, sailask and
fresh fruits cool and purify the blood
stream the purest distilled water.

Mrs. Wilson's Menu Contest

The following is a reply to a question
about what was wrong with a menu
printed in Mr. Wilson—The menu start
bear Manner, and house, can we
should fine the following menu for the corr
broad nor butter, not even a beverageif on't think tapioea pudding and grant
foor't think tapioea pudding and grant
for the fraction of the following menu for the corr
broad nor butter, not even a beverageif on't think tapioea pudding and grant
for the fraction of the following menu for the corr
broad nor butter, not even a beverageif on't think tapioea pudding and grant
for the fraction of the corr
broad nor butter, not even a beverageif on't think tapioea pudding and grant
for the following menu to your contest:

Now are right: the money spent for
these desserts could be spent to a betty
downtage for more seasonable foods.

Dear Mrs. Wilson—I would like to
so that your would leave by that time,
so that you could be
so that you would leave by that time,
so that you could be
so that your stay would can be
so that your stay would can be
so that you do not have a
place to go, but if some one has taken
bease expires in July, you could be
so that you do not have a
place to go, but if some one has taken
bease expires in July, you could be
some from that date it would to get the
sound from the pure to the conpossible destream. You do not have a
place to go, but if some one has taken
bease expires in July, you could be
solved from the pure to the conpossible destreament. But that
we stopped for refreshment. But that
we stopped f

The Question Corner

Today's Inquiries

North Tenth Street

Browned Pot Roast of Beet Browned Potatoes New Green Peas Tomato and Lettuce Salad

What material is practical and inexpensive to use for furniture covers?

covers?
2. Describe an attractive sports hat to wear with a sweater.
3. What is a convenient and safe case for carrying jewels? 4. How can the two-toned ribbon used on formal bouquets be util-

5. What device is now made to pre-vent the bumping and clicking of

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

Yesterday's Answers

Warm olive oil is said to make the cycbrows grow thick and

convenient to distribute water evenly in baking pastry.

A pillow cover of oilcloth with a stenciled design is attractive and practical for the porch. A novel hat crown that would be pretty on a bridesmaid's hat is made of garlands of roses, woven

openings. The maid of honor precedes the matron of honor in the wedding procession. This is reversed in the recessional. Flannel is a popular material for sports clothes this summer.

Walter Jahris PER-CREAM

in Cans 24% Butterfat

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 80c can yields almost a pint of tasty, creamy product, delicious when used with fruits, cereals, cof-fee, tea, etc. Unsurpassed for

making ice cream, cream dressings, candy, etc. Whips like new cream. Sold by all good grocers in 72 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

Please Tell Me What to Do

By CYNTHIA

Why Are Blondes Popular?

Dear Cynthia-Why do most fellows by both sexes. I have dark curly hair, dark blue eyes and regular features, and well-proportioned figure. I have lots of empty at 3 o'clock on Saturday aftboy friends, but it seems if there is a crnoon and the bell rang on, unaublonde around she will attract them swered. The operator gave her singall, no matter how ordinary and plain song "Does not answer no-how!" and

very few boys whom I could really most inconsiderate to her. It was out call "friends." Please give me some of rageous.

Women like this waste more time for Women like this waste more time for

Some Poet

Dear Cynthia—I am sending you a

My ideal of the perfect girl I've never been lucky enough to be-hold. For 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 fellows who always make goo-goo Are the ones who are out to deceive.

She, of course, must be learned in house-wifely arts, Or else there is something amiss. She should also withstand Cupid's false dafts, And save for the "right one" her kiss.

She must be a listener, as well as a 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.

> > **Post**

Toasties

and cream
— Bobby

The finest Gocolate

in the World

They're BetterThan Ever

when you pour crushed

P.S. They can't Be beat

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 econ-

omy 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.

strawberries over

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

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 the little embroidery shop was but the pleasure of discussing her after-

clicked off the connection. answer to this. CHERIE.
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 the conscious with boys and the leave right in the middle of the afternoon!"

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

"Well," exclaimed the woman who was calling, "I don't think that's much of a way to do business. Advertise to other people, they do provide a great many of these pleasant little discussions.

Adventures

With a Purse

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 have lots of girl friends, but there are the very day she wanted them seen

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 of the counter.

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 them 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, other girls and listen to the talk. Above all do not show you are anxious to please, but be intelligent in your questioms and answers and do not gush. Perhaps some of the readers who have overcome bashfulness will give you the benefit of their experience.

a woman to them, she's just a necessary part of the counter. Of course, sary part of the counter, or needed to the 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 managetain color, then this saleswoman is en-tirely 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 rise with their voice.
> "No one there?" they ery in sarcastic

astonishment. "Well, I don't see why there isn't at least somebody there to answer the telephone. How can any-body find out anything?"

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

There being no answer to that, they chatterer.
Always ready to hear "his" tales of woe,
Striving to soothe, without any clatter,
The hurt feelings of her chum and you can't think up anything suitable to

By the time you form a remark

ward. No matter how good-natured or kindhearted you are, there's no denying that you do enjoy an occasional 'hash-up' of other people's irritating faults. Whatever annoyance these women cause in the world, whatever trouble they give

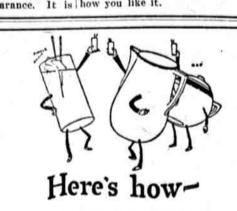
I know a shop that is having a sale of Madeira nightgowns. "It' is remarkable, and "they" are lovely? For instance, one style has pointed neck, with tiny kimono sleeves, and neck and sleeves are edged with a fairly wide piece of real Irish lace. Every stitch is handmade, and the material itself is good. This nightgown has been lowered in price from \$5.50, I think it was, or maybe \$5.75 to \$4. There are other styles, more elaborate, and higher. priced, but they too have been reduced.

used for whipping cream, beating cakes, and making egg and milk drinks. It closely resembles those one sees at the soda fountains. I think you would appreciate the ease and convenience with which this works. Its price is \$4.

For names of shops, address Woman's

Freshening Rugs

Have your grass porch rugs become shabby and faded? Try this way of freshening them up for the summer. One woman tried it and found it suc-One woman tried it and found it suc-cessful, told her neighbors, and they tried it. Now she wants other women to know about it. This is it: Brush your rug carefully, so that it is per-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



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

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

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Modern Methods

Dishes Kirkman's Soap Powder dissolves rapidly in hot water and is unequalled for washing dishes, sinks, bath tubs, floors,

The Way to

Wash Your

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

and for all rough household

