EVENING PUBLIC LEDGER-PHILADELPHIA, THURSDAY, OCTOBER 21, 1920

MRS. WILSON PLEADS FOR MORE CLEANLINESS

Houses, Bodies, Minds and Clothing Must Be Kept Clean in Order to Insure Good Health-Take Pride in Your Housework

You Will Win \$2.50

if your \$1.50 dinner for four peo-

Prize Menu Contest

Three prizes are offered each

veck-First, \$2.50; second, \$1;

Mrs. Wilson's

Menu Contest **Evening** Public Ledger

Independence Square

correct address on the menu. Also

the date of sending it. The foods

used must be staples and in season.

and a sales slip giving the cost of

all materials must be included.

Your full name must be given and

ple is the best one sent to the

Address all menus to

third, \$1.

By MRS. M. A. WILSON Copyright, 1920, by Mrs. M. A. Wilson.

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THE nation's most effective weapons against disease and epidemics are sanitation and physical fitness or per-fect health. Scientists declare that the three handmaidens of war-death, famine and pestilence-go hand-in-hand with wars and conflicts, and unless the people are alert to prevent this last scourge, many who today are apparent-ly in good health might soon be taken

from us. Complaints of city dirt and filth tell the story of the real lack of civic pride. for if each householder were person-ally responsible for the entire premises. both front and rear, dirt, filth and dis-ease would soon be considerably lessened and in time disappear.

In a little burgh in Holland there are no municipal street cleaners or gar-bage collectors. Taxes are lew and the people dwell in happiness and com-fort, for each good vrouw is personally responsible for her premises. Early in

the morning she will be found scrubbing not only the stoop, but her portion of thoughts of kindness give one no op-portunity for wrong ideas unless they the walk and street, and there, in the center of the street, rubbish is gathered are purposely encouraged and sought. Clean clothing—not just the cloth we tub regularly, but the unwashable garand what is useless is destroyed by fire. Now, few of us can imitate the good vrouws in this Dutch community, but ments. Beat and brush and sponge them frequently with ammonia water we can, for personal safety, do much to prevent epidemics by destroying by and hang them in an airy, sunny spot. Think of it-some people wear garfor prevent epidemics by destroying by fire such trash that we wish to discard, instead of placing it in front or rear of our premises to be picked over by the rag-pickers and others. We can clean, ments one, two and even three years vithout cleaning.

That which we give to our body for food makes us either physically fit or victims of ill health. Know food and ind urge, by example, that our neigh-iors do the same. In a certain part of old Boston was its mission in the body; this will take but a few minutes daily, and then know

a small street that was known to be hopeless because of the dirt and the laz-iness and general filthy condition of the street. Feriodical cleaning did no good. how and what to eat. Restaurants and delicatessen are good for those who have neither home for rooftree of their own and who must needs starve but for these During the house shortage a motherly country woman moved into a house in this street and almost before she had places. But to you who have the homes kitchens and equipment the actual time to unpack she called and enlisted all the women in a better street campreparation of good, palatable, sub-stantial food should be your true mispaign, and today this little street is spick and span, just like a graft in old are ill and perhaps dying, the thought spick and span, just like a graft in our Holland. Almost every house has a window box of flowers, and the child who is unfortunate enough to bring home dirt to this street is punished. Old Grandma Beadle is indeed very Old Grandma Beadle is indeed very happy and the street has slowly lost sole you at such a time. Finicky persons and those who have

much of its unsavory reputation. You, too, can see personally to your delicate taste would perhaps think for a few minutes and then hesitate unless them in a sanitary condition, sweep the driven by intense pangs of hunger, were dirt and place it in galvanized tubs or they able to make a rear-door entrance pails so that there will be no chance to many of the so-called lunchrooms for the wind to blow it about.

The wind to blow it about. The terrible toll which influenza took in the last two winters should bring tray, ready for you. Go back to the in the last two winters should bring tray, ready for you. Go back to the to your mind this crying need. Be a good old days and carry your luncheon

pioneer and start this clean up going at once in your own street. Good health is essential if we are to be physically fit, and the real essen-tials of good health are personal by-tials of good health are personal byciene and food. Good food alone will quires thought and patience if it is to build bodies and keep them healthy. A giene and food. Good food alone will quires thought and patience if it is to not do; both must be combined. Per-sonal hygiene consists of each and every member of the family, from the infant to the grandparent having a clean mouth, clean body, clean mind and clean body can cook—but she thinks that any construction clothing. one who can dish up victuals that hun

A clean mouth is most important if we are to be well, for many germs find lodging places here and await their op-portunity to create destruction of the body forces. Broken, decayed or dis-cased teeth cause much sickness and cased teeth cause much sickness and death, so if your mouth causes you to blush when inspected, go at once and mut it into mouse sendition put it into proper condition.

 put it into proper condition.
A clean body means not only a daily
bathing for the entire body, but active
elimination of the bodily waste. I may
best explain this to you in this manner: day___ local community contors 1



It wouldn't be expensive to build these simple shelves, turning around the corner, supported by uprights, and decorated with a flower design. And you would have two pieces of furniture in one, for the lowest shelf extends to form a desk space. The curtains have a border of crocheted wool flowers matching the painted ones on the bookcase

Two Minutes of Optimism By HERMAN J. STICH

Unrequited Labor

THE other day two of the three bandits who held up and robbed a pay automobile of New Jersey's Public Service Commission were caught, and ne of them will probably die frem the effects of a shot. Most of the money been recovered.

Two officers of a Philadelphia bank have just been convicted on seven idictments, and face a jail term which, at their age, amounts to life im-

In New York, a few weeks ago, a thieving hotel clerk who was caught and confessed to having stolen jewels worth \$250,000 was sentenced to fifteen years in Sing Sing. Virtually all the valuables have been recovered.

The same day three enterprising robbers, who used taxicabs, were committed for from five to ten years' hard labor. These are stray instances clipped from the day's news. They are but

scant gleanings from the calendars of our criminal court mills that grind out their daily grist of retribution and restitution. Facts and figures prove that there is no such thing as a successful

riminal.

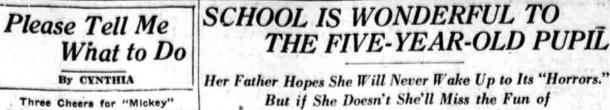
The story of each offender against the law is usually the same. Perhaps a little profitable initial luck, the spurring idea of a few big "hauls" and quitting to live in rectitude and a shower bath of gold-then the unexpected but inevitable bullet or prison term that is a pretty full amortization of the criminal's chances in life,

Henry Ward Bercher once told the story of a man who lived in the town was born in, who used to sten! all his firewood.

It seemed he would get up on cold nights and take it from his neighbors'

After he was caught red-handed, a computation was made.

And it was ascertained that he spent more time and worked harder to get his fuel than he would have been obliged to if he had earned it in an And this thief is a type of thousands of men who work a



with him perfectly.

Three Cheers for "Mickey"

Dear Cynthia-Please print these few ords to our friend "Mickey," and ank you. Say, "Mickey," do you know ou deserve a dozen handshakes, for as far as common sense is concerned you sure won the blessing. I read your little column over twice and it sounded mighty good. Glad some one had some-thing worth reading and forgot the mushy stuff.

muchy stuff. I agree with you in everything you say, for you are only telling the truth. You tell. 'em, 'Mickey." All this love-making is bunk, and when the fellow comes along that forgets about him-self and thinks more about the girl he is the only one. Three cheers for the hard-working man, who earns his salary and not by pull. Perhaps it is too long Cynthia, but please print it for me and let's see if some one else has any sense like 'Mickey." INNOCENT LONELY "17."

INNOCENT LONELY "17."

Use a New Ring

Use a New Ring Dear Cynthia—A broken engagement of a couple caused the girl to return the ring. The young man is engaged to abother girl now—and is in a dilemma te know whether he can give the second girl the ring he gave the first girl, and which was returned. It is not an ex-ceptional stone. Just ordinary, though pure. If he is unable to use it for the betrothal ring could he, with prudence, present it as a gift afterward?

J. J. J.

J. J. J. Cynthia would advise the young man to return the ring to the jeweler for valuation of the diamond or stone and the purchasing of an entirely new ring with the allowance made by the jeweler, and perhaps additional money to get a handsomer one. It is never wise to give a woman an-other woman's ring, especially one re-turned after an engagement. The only ring a woman would appre-ciate which was not new to her would be one that had been worn by his mother, or perhaps, a loved sister, who had died. But never a ring that an-other woman had refected. school?

Fears She Likes Another

Dear Cynthia-I have always read your column with great pleasure, but have never had cause to write to you be-

have never had cause to write to you be-fore. I am a young man twenty years old. I became acquainted with a young lady two years younger than I. Our friend-ship grew and I thought that I had "first place." until one Sunday evening I called on my friend and found a young man, who works at the same place as my friend, with her. I paid no attention to this, but I asked for an explanation. She said he had been keeping company with her for over two years, but she considered him no more than a friend. So I passed that from my mind, until a week ago when I met the gri after work. When she came out this other fellow was with her; we all went home together. After leaving her that night I went home and wrote her a letter tell-ing her that she would either have to give this fellow up or break the engage-ment which we were to announce Christ-mas. Now do you think she is true to me?

Now, do you think she is true to met She professes that she loves me, and not the other fellow, but still she has more to do with him than she does with me.

to do with him than she does with me. AN UNDECIDED LOSER. It seems as if you were rather unnec-essarily jealous. Because a girl is en-gaged to one man it is not reasonable to expect her to throw over all her old friends. On the contrary her flance should be proud that she is stractive, se long as she loves him. Naturally she sees a great deal of this man with whom she comes in contact at the office, but evidently in a friendly or business way. Does this man know you are engaged? I would see that he does, and then not worry about it. corry about it.

THE youngest is only five and she has just started her first school this year. And she thinks school is "wonder-ful." Her mother smiles indulgently at the

Her mother smiles indulgently at the enthusiasm, but father, with the wis-dom gained from years of experience, hopes fervently that his daughter "will You know, with a dull, heavy sinking of your heart, that you will be called on to read that thing—and you don't know any of it. Then it happens—she calls on you, and you start in miserably, not know-ing what it is, not even recognizing any of the words so that you can make a wild eness at it. never wake up''! Perhaps she won't; perhaps she'll Perhaps she won't: perhaps she'll keep on dreaming her pretty little dream all through her schooldays. Maybe it will always seem wonder-ful to her to be with so many chil-dren of her own age, learning so many new, funny things about the world and its people and its size. She may always be thrilled and touched at her journeys into the make-believe land of books, and the pecu-liarities and lives of their authors. Perhaps when she puts on her white

Looking Back to Them

The notion of the set And that would be missing half the a wild guess at it. Agony! One of the few times that

you greet the alarm clock's morning salutation with a relieved smile,

THEN there's the horror that you go L back to when you are looking over ome old treasures. Perhaps when she puts on her white You come upon one long, folded "test

dress for her own commencement, and listens while some one on a platform tells her that she will look-back upon her schooldays as the happiest days of paper," marked "70." or "failed" or "D," according to the system of markor ag the school was using at that time some of us have samples of each sys-em). Will you ever forget the day that ' moved before the gloves are worn again. ing the school was using at that time (some of us have samples of each sysher life, she will believe him, and agree tem).

To Clean Colored Kid M you have a pair of colored kid gloves that have become solled, it is best not to clean them with any liquid substance, as the dye in the gloves in apt to run. They can be cleaned quite successfully, however, by rubbing in r

was thrust at you, after you had walked, with trembling knees, into the principal's office in response to a call?

"What does this mean?" Oh, the sternness of that voice-have you ever heard anything colder since?

Those half-hours after school-mak-ing up a lesson, paying for being late, doing "time" for bad behavior-they were so long and wearisome!

It's fun to look back to those days, now that the terror of flunking, being late and getting caught no longer holds us; and we have to admit that we did have a good time in school in spite of everything.

A FTER all, maybe it's going a little

wakes up.

far to hope that the youngest never



Here Are Tasty Wafers to Serve

If you eat hour cups of food each day— local community centers. Hold bazanss about two or two and one-half cups of waste material that must be elimi-nated each day. If not, then there is cloging of the sewers of the body. The mental attitude is surely the con-act, and exthus cupton bank but however you man-ter line for the flagging inter-cupton for the bank. A fitter is a type of thousands of men who work is great deal their fellowmen, and to carn the necessities of life and many of its good things. It is an ill wind that blows no good, says the proverb. And this there is a type of thousands of men who work is great deal their fellowmen, and to carn the necessities of life and many of its good things. It is an ill wind that blows no good, says the proverb. And this is a poor profession, a bad business, the most

trolling factor in health. A filthy mind est and enthuse every woman with an surely breeds diseas. So many heauti-ful persons and objects with real family.

DREAMLAND **ADVENTURES** THE BIRDLAND FAIR By DADDY

Judge Out finds a boy who has been left weeping shut up in a house by the woods. He is shut up because he has the whooping cough, and he is weeping because he can't go to the fair with his father and mother. Peggy, Billy and the birds plan to hold a fair for him. a fair for him.

CHAPTER IV Pergy as a Rope Walker

"WHOO! Whoo' Whoo! Come to the fair," hosted Judge Owl His voice traveled far through Birdland and was heard in the valleys and on t hills. It was such an unusual thing to hear Judge Owl houting in the daytime that all the birds stopped what they were doing and listened.

"Whoo! Whoo! Come to the fair! booted Judge Owl again.

"Tweet' Tweet' A fair in Biruland" Hurrah' Hurrah! chattered the birds. and they came flocking to join the fun.

The little boy with the wrooping wough watched everything from his place inside the window. He couldn't go outside and join the merry-making

go outside and join the merry-making for fear lengy. Billy or the birds might catch the whooping cough from him, but he watched with happy even Mrs. Robin did a toe dance that made the birds laugh and applaud, while the canary family gave a melodious con-cert.

when it came time for Peggy to do

When it came time for Peggy to do her tight rops walking stunt, however, there was a delay Peggy to do there tight rops walking stunt, however, there was a delay Peggy to do there to walk. "Who'! Who'! Mark a line on the sound and walk that," hooted Judge Owl after studying the matter over in his solemn way. That seemed the only thing to do, and so Peggy, much disap-pointed because she couldn' do a real tope-walking act, began to dance back and forth on a line marked on the pround, making believe she was away up at the ton of a circus tent. But Peggy had no sooner started this make-believe rope walking than she was stopped by excited screams from the bins. "Chev! Chee! Here comes Blue

"Chee! Here comes Blue

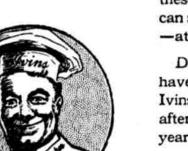
Wedding Sor Announces ments ur Phone for Engraved or Printed ROYAL ENGRAVING CO., 814 Walnut SL



Heron, the snake charmer! Chee! Chee! See the awful snake he is bringing to charm." Sure enough, there was Blue Heron flapping heavily along from the marshes by the river. In his beak he carried a squirming, wriggling snake. Person was headed right her way. But Blue Heron didn't take the snake a lot of trouble carrying it, and when



with Light Lunches and at Teas!



We have supplied your grocer with a limited quantity of

> IVINS BROWN EDGE WAFERS

and he will be glad to let you taste them-without charge-in order to show you how delicious these wafers are.

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The Ivins Baker is again baking these light tasty wafers that women can serve with dessert-or as dessert -at meals they prepare themselves.

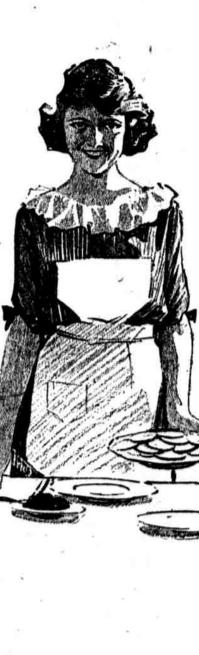
Delicious Brown Edge Wafers have been added to the ever-popular Ivins' family of cakes and crackers after a war-time absence of several years.

For Sunday supper-for quickly prepared luncheons or teas-Brown Edge Wafers are "the thing to serve" now, for they were designed and baked for that very purpose.

Made from a rich sugar batter, and delicately browned around the edge. A flavor that makes these wafers a dessert in themselves, yet so delicate that they will blend with any kind of fruits, puddings or ice cream.

Enjoy Brown Edge Wafers with tonight's dinner, just to get acquainted.

> J. S. IVINS' SON, Inc. Baker of Good Biscuits in Philadelphia Since 1846"



Sums **Brown Edge Wafers**