## MRS. WILSON GIVES WARNING AGAINST EATING TOO MUCH

Declares It a Mistake to Eat Three Meals a Day Just Because the Food Is on the Table-Stimulate the Appetite With Fruit

The Best Dinner

costing \$1.50 for four peop'e wins

PRIZE MENU CONTEST

awarded for the next best menus.

Mrs. Wilson's

Menu Contest

Evening Public Ledger

Independence Square

Your full name must be given and

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.

Fried meats are not accepted.

Two other prizes of \$1 each are

prize of \$2.50 in the

Address all menus to

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

OVEREATING is due in many cases to the inadequate character of the food eaten. Conventional methods of preparation destroy the nutritive value, so that the appetite frequently craves an abnormal quantity of the food in order to obtain the needed nutrition.

The excess use of oversweet and rich foods leads to the creating of an acid condition.

The great question of what to cat and how to cat the food necessary for bodily maintenance should be of prime importance to each individual. If you are dull and sleepy, with little inclina-tion to exercise and great lack of mental energy, you may rest assured that your condition is brought on by niproper diet, and the only cure is to change your entire babit of dining.

Arrange to place yourself upon the two-meal-per-day plan and then deterfood from leaving the stomach too ne to chew the food thoroughly. Chew slowly every bit of food. Have at least one-third of your entire diet of fresh a beverage, such as coffee, tea or cocoa, uncooked foods, and drink plenty of will usually supply the average person

with sufficient neurishment The question of appetite brings into The question of appetite brings into prominence the number of meals our and 8:30 o'clock, a sandwich with a support to eat daily. The prevailing glass of milk or a cup of tea should be growing fainter and fainter in the distribution of three meals daily is the survival of the days of early rising, comvival of the days of early rising, combined the cup of teaching meal, a soup, such hard physical labor, in the poullon, clear tomate, veretable. Today the majority of us lead a very little or no meat, and three or less sedentary life in over- four kinds of vegetables; salad and a to lose him as a friend."

"My gracious, I hope he doesn't eatch Hoppity-Hop," murmared Peggy to herself "I like Hoppity-Hop, and I'd hate bented houses, and this, combined with good dessert and a choice of houses." days of daily struggle for existence.

Fruit, either cooked or in its natural state, is decidedly beneficial and clean-ing to the digestive tract of accumulated mucus and waste; it purifies and cools the blood stream.

A cereal and cream may be caten at the morning more is needed, tapicen and in the morning more is needed, tapicen and in the morning more is needed, tapicen and its the my tracks. He is having a lot of functionably find it account take the circle while I am here to invite you to be my partner at the Rabblus' Moonlight time and color to the minimum of sugar; bananas as well as the evaperated fruits, nicely cooked, will afford an abundant dessert, and if something more is needed, tapicen and in the morning more is needed, tapicen and in the circle while I am here to invite you to be my partner at the Rabblus' Moonlight find it accounted to the circle while I am here to invite you to be my partner at the Rabblus' Moonlight time the circle while I am here to invite you to be my partner at the Rabblus' Moonlight find it account to foolie with him. Years ago in the circle while I am here to invite you to be my partner at the Rabblus' Moonlight find it accounted to the circle while I am here to invite you to be my partner at the Rabblus' Moonlight find it accounted to the circle while I am here to invite you to be my partner at the Rabblus' Moonlight find it accounted to the circle while I am here to invite you to be my partner at the Rabblus' Moonlight (lee Ball."

'Thank you' I'd love to go with you find the circle while I am here to invite you to be my partner at the Rabblus' Moonlight (lee Ball."

'Thank you' I'd love to go with you find it accounted the circle while I am here to invite you to be my partner at the Rabblus' Moonlight (lee Ball."

'Thank you' I'd love to go with you find the circle while I am here to invite you to be my partner at the Rabblus' Moonlight (lee Ball."

'Thank you' I'd

A cereal and cream may be eaten at thing more is needed, tapicea and raithe morning meal. The preference for sins or rice custard may be eaten.

who when the fact that the fact content of the cream retards the large process and thus prevents the have you feeling the fittest of the fit.

Catharine Mulcahy

Menu

Steak Codfish Spinach Baked Sweet and White Potatoes Onion and Celery Sulad Lettuce With Dressing

quart of aweet potatoes

quart of apples ....

Mrs. J. W. Hummel Menu

Vienna Roast Baked Tomatoes Baked White Pointoes Stewed Carrols Bread and Butter

Salad Baked Apples Coffee

SALES SLIP

butter and cinnamon ....

Mrs. Paul E. Reider

Pork and Beans Creamed Potatoes Tomato Same Endive Salad Peach Tapioca Bread Butter Coffee

SALES SLIP

Two pounds of pork ..... \$ 56

The Question Corner

of the furniture?
2. Describe a useful device for roll-

Today's Inquiries
When a room is lighted insufficiently by wall-intures, how can
the light be heightened by means

ing an umbrella neatly. What is the newest fad in mantel

decorations?
In what amusing way is a novel

standing ash tray made suitable for a club room or den?

5. Give the description of a pretty

pin that would make a nice gift for a little girl. What is the correct color for

evening slippers this year?

Yesterday's Answers

When a cork has been pushed into the inside of a bottle in an

attempt to get it out, grease th neck with vaseline, and hold the bottle under cold water. Ther

spear the cork with a batpin, and

A charming lamp shade of black parchment, in the shape of a

screen, has a pretty figure of t

the middle panel.

3. A glass shield so made that it fits around a brass button on a coat, and is held in place by a spring makes it possible to clean

button without smearing the

spread gold leaf on uneven

To spread gold leaf on uneven surfaces, dampen a sheet of it. By placing it right side up upon a damp blotter, and rubbing with a used sheet until the leaf is thoroughly moistened. Then dab with a bristle brush until the gold is deligation into the depression.

is driven into the depressions.

If a tall top-heavy vase is in danger of being knocked off a high

mantel weight it by placing a inch-deep layer of mud in the

Pretty, accordion-pleated chiffon in single colors that shade from pale at the top to deep at the bottom is sold for evening frocks.

forced out.

heat the bottle. The cork will

lenna rosst ne egg, butter and seasoning aked tomators

Stewed carrots
Drawn butter
Bread and butter
Coffee and cream

tomatoes onion and sensoning white potatoes

d pepper

Butter Baked Apples Ginger Bread Tea SALES SLIP One and one-half pounds of steak

Menu Contest Honor List

One pound of beans

tressing for endive

Ruth Smith

(Age officen.) Menn

Fried Engplant

Creamed Caulifloner Tomato Salad Bread and Butter Apple Sance Tea

SALES SLIP

## DREAMLAND ADVENTURES

Moonlight Glce By DADDY

CHAPTER II

Toddle Goes Hunting THREE o'clock in the morning and the whole town was asleep-all except Peggy and Toddie Pupkins These two ran through the moonlight,

heading toward the country. "Woof! Woof! Isn't it fun to be out in the quiet and mysterious night?" barked Toddle, frisking ahead of Peggy.
"Yes, it is fun" agreed Peggy, "but the night isn't very quiet with you making all that noise."
"Woof! Woof! You'll make a noise, too, as soon as the moonlight give gets

Woof: Woof: You'll make a noise, too, as soon as the moonlight glee gets inside of you," barked Toddle. Sure chough Peggy felt her heart beginning to dance within her and a sort of jolly feeling filled her through and through. Little laughs bubbled out of her lips and she began to sing:

"Moonlight glee! Moonlight glee!
Oh, what joy to be happy and free!" Toddie chuckled as he frisked about Woof! Woof! What did I tell you

"Woof! Wool! What did I tell you about moonlight glee! Now you know why dogs like to stay out and bark on meonlight nights."

Just then Hoppity-Hop, the rabbit. "Woof!" 

If this meal is eaten between 7:30 Peggy feared lurking there. fast 'Klyl-Rayl'"
"My gracious, I hope he doesn't catch
hoppity-Hop," murmured Peggy to the For the evening meal, a soup, such as bouillen, clear tomate, vegetable, clam and clear soups, syster broth, Ho

Peggy feared that unseen harm neight be

before. I am acting on this in telling For names of Shops address Woman's you about the mits. I know that they

The Country Club Dance

something to reproach her for.

On the night that Tony had talked

with his mother about the embarrassment of Nick Fowler's presence, Char-

lotte dressed without enthusiasm of any

kind. She did not look forward to the

dance as any young girl would look forward to pleasure and jollity, many

partners and a beautiful dress, for she knew exactly what the evening would

bring forth. She would dance with a

succession of men who would treat her

with extreme politeness and look long-

ingly at some other girl. Between dances there would be no interesting

stroll in the grounds, but she would be returned with punctilious courtesy to

Mrs. Harriman's side and left there until

the next man called for her. At these affairs Tony always danced the first and

last dances with his wife, and spent the rest of the evening with the younger

"You know," he had said to Char-

And Charlotte had smiled a wry little

date as if in extenuation, "a man never dances with his wife, it isn't done."

Tonight she wore a new freck,

shimmering lovely girlish thing that had normous possibilities, Janice had waved

her hair and when she appeared at dinner there was a faint color in her

cheeks. That first thought that Mrs.

Harriman had had concerning Charlotte

Charlotte did have possibilities; some-

times when she talked with her father-

occurred to her again as she looked at the girl from under lowered eyelashes.

smile and had made no reply.

Please Tell Me What to Do By CYNTHIA

Plebeian Chides Sophist Dear Cynthia—In his letter to you st night "Sophist" said that girls with lass C minds get few chaptes to marry.

Anxious

Y. Boy Says He Gets It

Dear Cynthia-Have I got it straigh

ow? A girl should never let a man now she cares for him until she hears

Irn. but come tomorrow."

liquor. Her

What Shall She Do?



SAFETY FIRST!

The new First Lady of the Land was pretty sure that Senator Hard-ing would win last week, but she wasn't taking any chances. The picture shows her as she appeared before election wearing her mascot, the G. O. P. elephant in the form of a charm, interspersed with beads a striking necklace. this mascot necklace will be the far the new administration-like Alice blue, Helen pink and Wilson

more or less seientary life in overleaded houses, and this, combined with poison.

Without a question, it is a mistake the fole of two ore at just because it is mealtime and the food is on the table. If you have the rough and bolley ones rather than the fole is on the table. If you have appetite, take the jujice of two oranges and abstain from food until the desire to ear returns.

Quite recently I heard an able physician overleaded with poison.

Quite recently I heard an able physician overleaded with poison and red cabage, braised personnel of the poison of the rough and bolley ones rather than the single physician condemn the habit of eating so many eggs for breakfast. His claim is that the body does not require this that he body does not require this cause as an immense strain upon the discussion of protein food so early. This causes an immense strain upon the discussion of the protein poison.

Fruit, either cooked or in its natural that he habit of everladed with protein poison.

Fruit, either cooked or in its natural that he will be read and linely chopped garee or in the circle while I am here to livite you brown have you physically one will and the protein poison.

Fruit, either cooked or in its natural that he will be read and choice of heverage.

This will soon have you physically spide descent and a choice of heverage.

Shift? Shift? Shift? shickered some enclosed being as friend.

Shift? Shift? Shift? shickered some enclosed being as friend.

Shift. Shift? Shift? shickered some enclosed being as friend.

Shift. Shift? Shift? shickered some enclosed being and have been around for a long time, and have been around for a long tim

Years ago a certain specialist discovered a scap that would greatly benefit the compfloxion. It became widely used, and many testify to its gratifying re-sults. Then along came a cleansing came out to frolle with him," she explained.

"Sniff! Sniff! He has gone frolicking by himself, and has forgotten all about you," snickered Hoppity-Hop.

And so it seemed for Teddle Pupkins excited yelping showed that he was thinking only of catching a plump rabilit for breakfast.

"I'd onjoy having Toddle at breakfast, snickered Hoppity-Hop, "but I fast," snickered Hoppity-Hop, "but I fast, snickered Hoppity-Hop, "but I fast, snickered Hoppity-Hop," snickered Hoppity-Hop, "but I fast, snickered Hoppity-Hop," snickered Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hoppity-Hop

## THE UNWELCOME WIFE

THE UNWELCOME WIFE

By HAZEL DEYO BATCHELOR
Copyright, 1910, by Public Ledger Co.

After Anthony Harriman had margin, and how brought her to his home with Mrs. Anthony the crain of her brown her heart, bearing sufficiently as she left the dressing room and breant to erose the brought down the weath of her brown her heart, bearing sufficiently her to a mattice with a men when Tony had expressly asker her to avoid. Things here againg from had a work a work in the weath she were samply chariette felt that she were samply the following the here had all room, her here here, long and meet full a pair of suddedous eyes set in a care-less, worldly and that she was simply chariette felt that she were samply the following him had a horse to avoid. Things here againg from had a work work to a word. Things here to avoid. Things here to avoid the war face that this room her heyes a smiled at her beginned to express the proposed to the came forward to be added to the came forward to be added to the came forward to be a work of the war face the first had a work or avoid. Things he had and he came forward to be added to the came forward to be added to the came forward to be a work of the came forward to be a work of the face that this man was her friend. The night no longer stretched before her, long and interminable as something.

The Country Club Dense. Tea, bread, butter, flour, milk and Mrs. Wilson's Answers Dear Mrs. Wilson-I wrote you yesterday on the subject of brend. but I forgot two questions, so I thought I would write you today at once. Forgot to ask you how many yeast cakes does it require to raise bread overnight, and whether water must be the same temperature in win-

ter as it is in summer? CHARLOTTE had been on the point MRS. L. D. H. One yeast cake required. Have the water 70 degrees Fahrenheit when set-

Dear Mrs. Wilson-Please tell me how to cook the tiny sprouts now in the market, and also how to make a clam pic for two, and, because I am a brand-new cook, what kind of clams shall I purchase? MRS, A. G. V. Remove wilted leaves and then cover regetable with boiling water and cook until tender. Drain. Season and add two tablespoons of melted butter to every pint. To drain: Pour off water and turn out on a clean cloth to ab-

ting the dough overnight.

Your Soul's in Your Hand By IRVING R. BACON



SHORT-THUMB MERCURIAN Not less shrewd than his big-thumb brother, the short-thumb Mercur-an lacks his courage and is in-clined to be sneaky

Indecision, the inherent defect of the small thumb, leaves even Mercurian activity and shrewdness scarcely any chance of succeeding at anything. If a writer or speaker, your short thumb Mercurian simply can never make up his mind what to write or say. A hundred themes will occur to him, but whileh to choose—"aye, there's the rub!" as Hamlet says. By the time the short logio phalanx of the thumb has enabled him to choose and its short will power phalanx has given its decision to go ahead, the occasion has usually passed irrevocably away. Nor is it different if he is a lawyer, physician, surgeon, scientist or merchant. He may have brilliant ideas and plans, but lacks determination to make any prompt use of them.

(To be essential.

The night no longer stretched before her, long and interminable as something that must be endured. She laughed up into Nick's face with the glad laugh of childhood

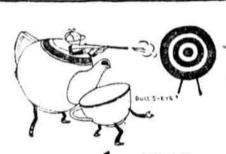
of telling her secret to Tony once or twice, but each time something had happened to prevent it. Tony's moments of tenderness were few and far between these days and it seemed that every time the two were alone he had

Tomorrow-Paying the Piper

Binder 13th above Chestnat Hairdressing and Manicuring

gether at the husband, he being it of the time, but visiters are not spared. The wife's aged and genial father falls under the ban of harsh criticism for trifles.

The wife is slightly necessary toward toward.



# Hits the spot

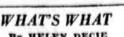
Do you know how we account for that? Well, you see, we've been blending tea for over 100 years, and we've got it down to a fine art!

# TETLEY'S TEA

Makes Good Tea a Certainty

Why, just try a steaming cheering cup of Tetley's fullflavored refreshing Green Label Tea. Talk about hitting the spot—it hits the bull's eye every time!

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





Armistice Day—the eleventh of November—synchronizes with the old-time Feast of Martinmas, a day once almost as widely observed as Christmas or Easter, and now, because of its new historic significance, likely to be a holiday more popular than ever. Martinmas is still kept legally in Scotland, where it is one of the official "quarter-days" for the payment of rent, the renewing of leases, etc.

The traditional Martinmas goose, served with apple sauce, may be significant of the peace-with-victory of Armistice Day, White is the symbol of peace; red is the emblem of victory, and blue the token of hope; so that our national colors will be found in every way most appropriate for the occasion. The dinner cards may be in the form of doves, bearing elive branches.

Armistice Day—the eleventh of November 11, 100 as with the top of a hemlock tree, when the the flat the wind blows and sways the flat the wind provents and blows and sways the flat the wind blow and the ground, so that you are all alone up there on the flat you are all alone up there on the flat you are all alone up there on the ground, so that you are all alone up there on the flat you are all alone up there on the flat you are all alone up there on the flat you are all alone up there on the flat you are all alone up there on the flat you are all alone up there on the flat you are all alone with the sun and they become silent, moro know she cares for him until she hears from him that he loves her.

That suits me, Cynthia, but what do you think of our ink-splashing "Sophist? Tells us that our beautiful women have only a Class "C" mind. That doesn't sound so poor to me. "C" is not far from "A" and is a long way off from "N" which is almost the end of the alphabet. "N" which is annead alphabet. "Sophist." you old spiller of wisdom. "Sophist." you old spiller of wisdom. matters it if our beauties can't ake the other two notches? Maybe let of them were educated in a shirt a let of them were educated in a shirt-waist factory and they just couldn't help being beautiful.

Many's the man, "Sophist"—you old scholar—who has been inspired by noth-ing more, or nothing less, than a pretty face. You remember it was Shakespeare who said to the reporters, eagerly await-ing some little something to save their name. "No wisdom tonight, boye, I've a date with the girl sat the Coffee Jug-Ira, but come temorrow." dinner cards may be in the doves, bearing clive branches.

## The Woman's Exchange

Value of Old Coin To the Editor of Woman's Page:

Dear Madam-I find in your pa olumn containing questions and a wers. Will you please tell me all y an about the history of "Dekadrachm can about the instery of any value? Whe would be a good place to try to B. B. J. ne? The dekadrachm is an ancient

The dekadrachm is an ancient Greek coin, valued at ten drachmy, the drachm having been the unit of ancient Greek money. The dekadrachm is valuable if it is genuine, but the value is determined by the condition of the coin and the city in which it was made or used. Take it to a dealer or collector of old coins—you will find several of them in the telephone book—to get its real history and value. He would buy it if it is really valuable.

#### A Piano for Some One

To the Editor of Woman's Page: Dear Madam-Do you know of Dear Madam—In you allow individual or institution that would want a square piano? I have one I would like to dispose of as quickly as possible. Of course I should have to ask any one who comes for it to pay for the hauling. toin restraint. Go out with him if he asks you to, but at the same time tell him you were hurt about the pearls. Do not the yourself down to keeping company with him—have plenty of men friends. If this man wants you to marry him and you want to, that's a different thing, then do not go about with others. But unless engaged hold yourself free to do as you please.

I am sure some one will want this I am sure some one will want this some plane. It is very kind of you to offer it through the column. Any letters that come in answer to your offer will be sent to you so that you can get in communication with the writers. I know there will be lots of them.

fast," snickered Hoppity-Hop. "but don't want to be the break ast. My, but he will be a cross puppy when he finds a considered a color of the fast bits. The fast bits and that the world she was sooned to dane with him. When she got to the Rabbits. Montignt the days and she was sooned to dane with him. When she got to the Rabbits. Montignt the world she was sooned to dane with him. When she got to the Rabbits. The finds him the world she was sooned to dane with him. When she got to the Rabbits. The finds him the world she was sooned to dane with him. When she got to the Rabbits. The finds him the world she was sooned to dane with him. When she got to the Rabbits. The finds him the world she was sooned to dane with him. When she got to the Rabbits are the finds him the world she was sooned to dane with him. When she got to the Rabbits are the finds him the world she was sooned to dane with him. When she got to the Rabbits are the finds him the world she was sooned to dane with him. When she got to the Rabbits are the finds him the was made however, who will have a find that I write. They are only the many of them will have a figure placed provocatively at the side. The finds him the was made the form the state and the state will be a many of them will have a figure placed provocatively at the side way and she had that I write. They are one is hat, and the finds had that if it be told in a crowd of people, there will be a number of them who have never heard it before. I am neting on this in telling you about the mits. I know that they was the same of shore a many of shore and the time that are the side of the same was the same way again with the same had the same way again with the side of the same was the same way again with the same had the same and the sam

**ASCO** 

ASCO

ASCO

WHEN THE SUN CAME OUT Didn't Know That She Would Have to Reverse Her Method When She Grew Up and Sing When the Clouds Were Darkest

SillE was really only a little girl, altough she was big enough to climb to the tip of a fir tree.

The top of a doll's table nailed firmly across two strong branches up there made a comfortable place to sit and watch the world roll by.

You get a fine view of the world from the top of a hemlock tree, when the wind blows and sways the flat branches down toward the ground, so

And then a jaunty little wind-cloud sailed up, whisked rapidly up to the sun. chucked him impertmently under the chin and traveled on, its flip way.

The little girl only hummed until the sun recovered from the insult.

THERE came a time, thought, but a great cloud came up, slowly, but very confidently. The sun looked discouraged and the earth seemed silent and couraged and the earth seemed silent and the only way you win out against them is by realizing that you are up them is by realizing that you are up them is by realizing that you are up

and went into the house to play.

Perhaps when she grows up she'll unerstand more about singing. She'll know that the time to do it oudest and clearest is not when life is ensiest and sunniest, but when those

### Things You'll Love to Make



A gift for "him"! A succe or kid case for a pack of playing cards—so there to have when traveling. Cut from the tops of old kid gloves or an old suede table cover a piece three times as long as the width of the cards, and wide enough to slits in the center of the top section half inch long and one-eighth of an

case for playing cards acceptable gift.

sun recovered from the insult.

It was a great game.

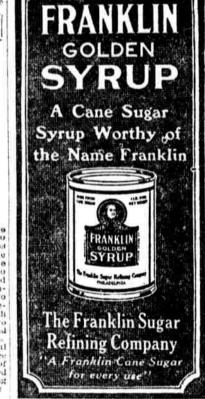
It was only a game when the little girl in the tree sang to the sun and was silent before the clouds, and she didn't have to stand up against the storm.

But these clouds and rain that come to

The happy little song in the tree top against something bigger and down on

The happy little song in the tree top stopped for a while, as the little girl waited and hoped in vain for a sight waited and hoped in vain for a sight of the blue sky at the other end of the cloud.

It didn't appear, and after a few minutes she slipped off her high place above the world, climbed down the ladder-like branches to the shadowy ground and work into the house to play.



ASCO

**ASCO** 

# Just Arrived! Direct from the Orchards on the Pacific Coast

Marie William

23 Carloads of California "Sunsweet" Prunes

The First of the Season's Crop to Reach the East

These are unusually delicious prunes, small pits, chock full of the body-building prune "meat"luscious fruit with an irresistible flavor.

# Calif. "Sunsweet" Prunes Calif.

28c Size Cut to

Other Sizes Cut to 17c, 23c lb

Sun-sweetened and sun-cured in California's fairest orchards.

We are making big concessions in price to get you to try these unusually delicious prunes, for we know that, once you have tasted them, you will continue using them all Winter. Get your share of these luscious prunes at such low prices.

"Asco" Stores Are Located All Over Philadelphia and Throughout Pennsylvania, New Jersey, Delaware and Maryland.

ASCO