

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

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...

The Best Dinner
PRIZE MENU CONTEST
Two other prizes of \$1 each are 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.

DREAMLAND ADVENTURES SAFETY FIRST!

Moonlight Glee By DADDY

CHAPTER II
TODDIE'S Glee Hunting
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The whole town was asleep—except Peggy and Toddie Pupkins.



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Please Tell Me What to Do

By CYNTHIA

Plebeian Chides Sophist
Dear Cynthia: In his letter you last night 'sophist' said that girls with Class C minds get few chances to marry.

Anxious
Yes, and little Christmas cards if you want. The fact that you are thinking of your friends always pleases them.

Y. Boy Says He Gets It
Dear Cynthia—Have I got it straight now? A girl should never let a man know she cares for him until she hears from him that he loves her.

What Shall He Do?
Dear Cynthia—I am a girl of eighteen years of age and have been waiting some time for a young man of the same age.

Has Nagging Wife
Dear Cynthia—Kindly tell me in your column what a man can do to prevent nagging from his wife.

She Wants Money
Dear Madam—I find in your paper a column containing questions and answers.

A Piano for Some One
Dear Madam—I find in your paper a column containing questions and answers.

Things You'll Love to Make
Traveling Case for Playing Cards

Franklin Golden Syrup
A Cane Sugar Syrup Worthy of the Name Franklin

The Franklin Sugar Refining Company
A Franklin-Cane Sugar for every use!

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THE LITTLE GIRL WHO SANG 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

SHE was really only a little girl, although she was big enough to climb to the top 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 that you are all alone up there on your perch—all alone with the sun and the wind and clouds.

When the sun shone out warm and bright the little girl sang to it, a loud, joyous song.

But when a big cloud came sweeping up in all its majesty, and the earth grew gray with its shadows, the song dwindled, died down to a whisper, and faded away into silence, while the cloud made the earth chilly and dark.

But it went on its wind-driven way, pretty soon and the little girl's song swelled out again, rejoicing in the presence of the sun.

And then a jaunty little wind-cloud sailed up, whisked rapidly up to the sun, chuckled him impudently, and the chin and traveled on its slip way.

The little girl only hummed until the sun recovered from the insult. It was a great game.

THERE came a time, though, when a great cloud came up, slowly, but very confidently. The sun looked discouraged and the earth seemed silent and afraid.

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

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 went into the house to play.

Perhaps when she grows up she'll understand more about singing.

She'll know that the time to do it is loudest and clearest, is in the blue of a clear and sunniest, but when those

great, darkening clouds throw their wide, chilling shadows over her world, And yet there are a great many grown-ups who are still indulging in that game that was just a whim with this little girl in the tree.

They sing loud and easily when they are happy and life seems bright; but when disaster is close or misfortune threatens, they let that song die down and they become silent, morose, helpless with self-pity.

THERE is a little sentence that seems to come out every year on a Christmas card. "Keep your face always turned toward the sunshine and the shadows will fall behind you."

This isn't easy to do when there is no sunshine to face, but, after all, if the little girl had been able to endure the exposure to wind and rain long enough she could have seen that blue sky at the other end of the big cloud. It's always there.

The advice that a man in a story book once gave to his younger brother is a good thing to remember when you run out of sunshine and your song seems to be failing.

He said, "When you're down on your luck or up against a bigger man, grin as hard as you can grin."

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 grown-ups are hard, bitter reality. And the only way you win out against them is by realizing that you are up against something bigger and down on your luck.

Then, if you're wise, you'll grin as hard as you can grin, and keep watching and waiting and hoping for that blue sky at the other end of the cloud.

It's a great game, when you play it that way!

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Menu Contest Honor List

Table with 2 columns: Dish Name and Price. Includes items like Catharine Mulcahy, Ruth Smith, Mrs. Wilson's Answers, Mrs. Paul E. Reider.

Adventures With a Purse

IT HAS been said that there is no story so old but that if it is told in a crowd of people, there will be a number of them who have never heard it before. I am writing on it, telling you about the nuts. I know that they

THE UNWELCOME WIFE

By HAZEL DEYO BATCHELOR Copyright, 1920, by Public Ledger Co.

After Anthony Harrison had married Charlotte Groves, a little country girl, and had brought her to his home in the city, he had a great deal to say about her. Mrs. Harrison was angry because she had hoped for a certain kind of a wife for Tony, and Charlotte brought down the wrath of her mother-in-law upon her in a way that she never dreamed of.

The Country Club Dance

CHARLOTTE had been on the point of telling her secret to Tony once or twice, but each time something and happened to prevent it. Tony's moments of tenderness were few and far between these days and it never occurred to her to approach her for something to say.

Your Soul's in Your Hand

Not less shrewd than his big-thumbed brother, the short-thumb Mercurian lacks his courage and is inclined to be sneaky.

Binder Miss Minnie 13th above Chestnut Fair Dressing and Manicuring

Tomorrow—Paying the Piper

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 full-flavored refreshing Green Label Tea. Talk about hitting the spot—it hits the bull's eye every time!

AMERICAN STORES CO. Just Arrived! Direct from the Orchards on the Pacific Coast 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 28c Size Cut to 25c lb 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.