DELICIOUS COOKIE RECIPES GIVEN BY MRS. WILSON

Old-Fashioned Ginger Snaps Are Economical—Two Cakes From One Recipe—Sand Tarts and Almond Jumbles

By MRS. M. A. WILSON

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IN GRANDMA'S day the cookie jar held a pre-eminent place of its own in the pantry and then, too, the cookie was not only popular and beloved by the children, but many of the grown-ups enjoyed its delicious and spicy goodness; even the woman who entertained could easily transform these old-fashioned rounds of goodness into dainty and delicious concoctions, by using jams and jellies and icings.

The modern hostess has always had a warm spot in her heart for the ever-popular cookie.

Recently, while visiting a farmhouse, I strayed into the pantry and there on a table scoured to a bonewhiteness, was a large old-fashioned crock with a lid, and as I gazed into its depths, memories of its fragrant contents led me to ask my hostess if she still filled this cookie jar.

"Gracious me—yes, indeed. I do—every other week or so I make several batches of cookies and sometimes add a batch of crullers, for, you see, the youngsters enjoy these home-made goodies better than candies, and you know that they are ever so much better when they are two and three days old. Sometimes when I lack a dessert, a plate of cookies and a glass of jam or jelly fills in very well."

Now the real secret of how to make delicious cookies is to mix the ingredients and then work the dough until it is smooth, then place in a bowl in the icebox overnight so that it will be at least twenty-four hours old before it is baked.

This method can be made to work with real economy. Have the dough prepared, then roll, cut and bake; when using the oven for other purposes they can be baked either on the top or bottom shelf while the other foods are cooking and the time required is from eight to ten minutes.

Mrs. Colsterm's Old-Fashioned Ginger Snaps

They are delicious and economical. Try a batch and note how the family will enjoy them. Place in a saucepan

One cup of molasses,
One-half cup of brown sugar,
One-half cup of black coffee,
One cup of shortening,
One tablespoon of ginger,
One and one-half teaspoons of cinnamon,
One-half teaspoon of allspice,
One teaspoon of salt,

Bring to a boil and then cook for three minutes. Turn into a bowl and let cool. Now add about nine cups of sifted flour and two level tablespoons of baking powder. This should produce a smooth dough that is not over dry. Chill as directed and then roll thin and bake for eight minutes.

Note—To prepare the pans, grease a baking sheet well with good vegetable oil and then rinse with cold water. This method will prevent the cookies from sticking to the pans. Beef drippings pork, bacon or ham fats may be used for the shortening.

This dough may be divided into three parts and to each part add

First—One and one-half cups of finely chopped peanuts,
Second—One cup of finely chopped citron,
Third—One and one-half cups of raisins.

A Two-in-One Recipe

Gingercake and cookies from one mixture. Place in mixing bowl

One cup of molasses,
Two-thirds cup of brown sugar,
One-half cup of shortening,
Two teaspoons of ginger,
One teaspoon of cinnamon,
One-half teaspoon of nutmeg,
One-half teaspoon of allspice,
One-half teaspoon of salt,
Three and one-quarter cups of flour,
Two level tablespoons of baking powder,
Three-quarters cup of black coffee.

Beat to mix and then pour two-thirds of the mixture into well-greased and floured loaf-shaped pans and bake in a slow oven for thirty-five minutes. Cool and ice with water icing.

To the balance of this mixture add just sufficient flour to permit handling. Chill and then next day roll into cookies.

Gingercake Muffins

Place in a mixing bowl

Two-thirds cup of molasses,
One-half cup of shortening,
One egg,
One teaspoon of cinnamon,
One teaspoon of ginger,
One-half teaspoon of allspice,
Two and one-quarter cups of flour,
Four level teaspoons of baking powder,
One-half cup of black coffee.

Beat to mix and then fill into well-greased muffin pans, just about two-thirds full. Sprinkle part with some coconut that has been put through the food chopper and for the balance place a raisin or two on top.

Ye Olde-Fashioned Sand Tarts

Place in a mixing bowl

One cup of sugar,
Nine tablespoons of shortening,
Two eggs,
One-half teaspoon of nutmeg.

Cream until light and frothy and then add just sufficient flour to make a dough to handle, usually about two and one-quarter cups. Chill. Roll thin and then cut with fancy cutters. Brush the top with milk and dust with granulated sugar. Bake for ten minutes in a moderate oven. The cookies must be cooked only until a very light and delicate brown.

Almond Jumble

This delicious cookie of long ago was Granddad's favorite, and unless Grandma would keep a strict watch upon the cookie jar, he would very often go to the cookie jar and fill his pockets full and then hie away to his old cronies. Cream together

One cup of sugar,
One-half cup of shortening.

Yolks of two eggs.

Cream until light and then add

One cup of finely chopped almonds,
One-half teaspoon of nutmeg,
One cup of milk.

Three and one-half cups of sifted flour,
Two level tablespoons of baking powder.

Work to a smooth mixture and then fold in the stiffly beaten whites of the eggs. Drop the mixture by the spoonful on well-greased baking sheet about two inches apart. Flatten down well with the back of the spoon, which has been dipped in cold water. Stick a raisin in the center of each jumble and then bake in a moderate oven.

New and Better Recipes

That is what Mrs. Wilson wants to give you. When she hears of something that is different from the ordinary, more wholesome, more tasty, off she goes, no matter how far it is, to get the directions, try them out, and set them down in this corner

For You

And if you have questions to ask about cooking, she will be glad to put her answer in the column. Personal answers cannot be given.

If You Have Any

Recipes that you are specially fond of or proud of, and you would like them to be published with your name attached,

Send Them In

Mrs. Wilson will be glad to print them.

THE UNWELCOME WIFE

By HAZEL DEYO BATCHELOR

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Anthony Harriman's marriage to Charlotte Graves was a great disappointment to Mrs. Harriman, who considered Charlotte below Tony socially, and had expected her son to marry Edith Comstock, a girl in his own set. Charlotte is treated so badly that she finally runs away and goes back to her home without telling any one that she is to become a mother. When Tony is notified that Charlotte is not expected to live and that his son is born, he is conscious-stricken and resolves to do everything to make up to Charlotte for what she has suffered. When she recovers, however, she is changed toward her husband and refuses to go back with him. Finally, because she feels that her duty lies with Tony she consents to return to the city, but she has no love in her heart for him.

Getting Settled

IF ANY of Evelyn's Harriman's set had thought to patronize Charlotte on her return to the city, they very quickly changed their minds after they had seen her again.

Edith ran in to call one afternoon after Charlotte was nearly settled and as she said to one of the girls:

"Charlotte doesn't seem like the same girl."

Charlotte and Tony had bought charming things for their house. They had made a gala occasion of the shopping, poking around in old antique shops, buying lovely old brocades and queer-shaped chairs. There were open fireplaces in all the rooms and Charlotte reveled in old brasses and queer Chinese screens over which dragons were embroidered in gold and scarlet.

Sometimes Tony wondered where Charlotte got her quaint ideas of furnishings. Surely not in the old farmhouse, which was filled not with plain old Colonial things, but with ugly-painted bureaus and chairs and stiff what-nots and carpet rockers.

Charlotte had no idea of periods, nor did she possess any of a modern interior decorator's sense of correct design. But she had imagination, plenty of it, and she loved color. Her starved little soul expanded under the new regime of things, and with the reins in her own hands she forgot to be frightened of people and things.

Her first meeting with her mother-in-law had been easier than she expected, and she had served tea as correctly and easily as Evelyn Harriman ever had in her own home. She was beautifully dressed, too, in a straight red crepe gown that fell from her shoulders and had soft long sleeves. Her hair was dressed high, and Mrs. Harriman thought her much taller than she had been.

The baby helped to relieve the stiffness of the occasion, for Charlotte stood by, quiet and dignified, and watched her mother-in-law bend over the crib and actually lose some of her frigidness in examining the perfections of Anthony, Jr. But there was no affection between the two women; there could not be. Mrs. Harriman could not forgive Charlotte for taking Tony away from her, and Charlotte felt intuitively that the older woman was merely tolerating her in order to keep up a semblance of friendship so that she might see Tony and the baby.

Clayton Harriman was as bluff and hearty as ever toward Charlotte. When he took the girl in his arms and told her they had all been a parcel of fools she had clung to him closely, tears springing to her eyes. She came nearer to breaking down that day than she had since her return, for she was schooling herself carefully, and allowed herself no luxury of emotion, even when she was alone.

Tony was the one who worried her most, for his attitude toward her, although courteously considerate, had often a repressed passion about it that frightened her. She wondered what she would do if he should suddenly take her in his arms and kiss her, and she lived in expectancy of such a thing constantly.

Thus far she had gone nowhere. She had made the baby her excuse, and, although Tony had insisted on a competent nurse, and Charlotte had little to do save buy pretty things for junior, she could not bear to have him out of her sight.

Tony had never mentioned Nick Fowler to her, and because she always shuddered away from the memory of that awful night when, because of Nick, Tony had said things that had driven her away from him, Charlotte herself had given little thought to the man who had been kind to her. It wasn't until she went to the telephone one afternoon and heard his slow, lazy voice across the wire, that she remembered suddenly the part he had unconsciously played in her life.

(Tomorrow—Nick Tries to See Charlotte)

MINT REPORTS COINAGE

Coinage at the Philadelphia Mint in October in pieces follows: Half dollars, 1,010,000; quarters, 3,660,000; dimes, 6,550,000; total silver, 11,220,000; nickels, 8,092,000; cents, 31,752,000; total minor, 39,844,000; grand total, 51,064,000 pieces of a value of $2,797,120. In addition the Mint coined 10,926,000 nickel pieces for Cuba, making total domestic and foreign coinage 61,990,000.

Parents Want to Give Child Away

Mount Carmel, Pa., Dec. 1.—"If you have nine children and cannot support them give one away." That is the proposal Frank Gryskie of Mount Carmel, made to Mr. and Mrs. Paul Toye, according to their petition filed in court in Sunbury asking permission to adopt the child. Judge Cummings is holding the matter under advisement. A daughter was born October 1, and the parents have declared they do not want it, because they cannot pay for its clothes and food, it was said.

Boy Badly Hurt by Auto

Charles J. Sultzer, forty-nine years old, 1309 Arrott street, was held in his own recognizance by Magistrate Wrigley this morning at the Germantown avenue and Lycoming street station, on the charge of running down Julius Cohen, sixteen years old 1332 Wingohocking street, at Broad street and the Roosevelt boulevard last night. The injured boy was taken to the Samaritan Hospital in a badly bruised condition. Sultzer will be given a further hearing on December 15.

Please Tell Me What to Do

By CYNTHIA

To "A Faithful Reader of Your Column"

The editor of the Woman's Page will answer your note.

Let Matter Drop

Edward H.—If Myra will not listen to you it might be well to tell her mother something about her companions, but it is a very delicate matter and unless you feel that you have an absolute right to interfere, it would be best to let the matter drop.

What's the Answer?

Dear Cynthia—Would I be asking too much of you to just put an answer in your column without publishing my letter?

I am in very urgent need of advise but do not want others to see my letter in your paper, as it would only make trouble.

A. S. L. E. N.

When you send the letter, Cynthia will be glad to answer it, but you must have forgotten to inclose it.

He'd Make Her Love Him

Dear Cynthia—Just a little letter to the girl, Pennsylvania Dutch, who said she wanted some one to love but not marry. If she calls that love, it is a different kind of love to that which I want. But she is the kind of a girl I would like to find and I think I could make her say "I will marry you and be happy with a true love." Every one loves something; a westerner loves his horse; a miser loves his money, and a true woman loves her husband.

A WESTERNER IN PHILA. ONE YEAR.

Tells What True Love Is

Dear Cynthia—There appeared in your columns a few days ago the letter of a correspondent who signed herself "Disgusted With Love." She insists upon knowing if love is a thing of the past; also, what is love?

Let me say to her I agree with her in one respect, and in another I do not. My dear young lady, I have been trying to find out for the last fifteen years whether there is such a thing as love. There is what is termed puppy love, here today, gone tomorrow, or we may term it infatuation, but the real love, the love of sacrifice, I have failed, up to the present, to find. There are very few girls of this present day who will sacrifice for a man they love, or say they love. When I say sacrifice I mean a girl who will help a man to get upon his feet, one who will make a home for him, if he earns the money to do it with, one who greets him with a smile when he comes home from a hard day's work, one who, if the man should be unfortunate enough to get up against it in his life, will try to help him out until he gets upon his feet again, and not upbraid him, or bemoan her fate, or why she ever married such a man; in fact, one who will share her love, who will help him in his trials; one who is willing to sacrifice, who will keep the home fires burning; a woman who can smile at adversity if it happens to come along; the man and woman who will sacrifice for each other after marriage. This is what I call love. Kissing is not love, and thousands of young couples are betraying each other daily the kiss. Yes, there is love, the greatest love we can have, sacrifice, but O, how many young couples spat from morning until night, one upbraiding the other for the kiss of betrayal which was given at the time when their minds were too small to know or contemplate what love is. A kiss of a vamp, which is about all a fellow can kiss at this present day.

I do not wish to insinuate there are no good, true girls; there are. I have met scores of them, but I have not yet found the one who is up to my idea of a homemaker. Until girls of this present age stop their craze for dress, for making a show and are willing to run a home and have children, which is a God-given right, just so long will girls keep on asking, as your correspondent has asked, "Is there love?" And just so long will the divorce courts be filled, families broken up and marriage made a curse for a man instead of a blessing. A man who gets a good home-maker has the greatest gift on this earth, and as I am thirty-five years old, I am still an old bachelor looking for the girl who will go fifty-fifty and who knows that love is sacrifice. C. R.

They Do Say—

In the dictionary of character reading it is said that large, clear blue eyes denote ability. These eyes when seen in profile appear almost transparent.

Gray eyes are also a mark of ability.

Wrinkles and folds in the upper eyelid denote a great love of accuracy, especially in historic facts. Mathematical accuracy is shown by eyes that are full underneath and wrinkled.

Projecting teeth denote a grasping disposition, especially when great breadth is seen at the upper part of the nose next to the cheek.

An active person has nostrils which are both long and narrow.

A sharp chin combines craft and acuteness.

A lipless mouth which tends to turn upward at the corners denotes affectation.

A strongly defined bridge or prominent at the base of the nose near the bridge denotes aggressiveness.

Ambition is recognized in women by eyes that appear to roll as they move in their sockets. It is also recognized by a wrinkled, relaxed skin, with an arched nose, restless mouth, well rounded forehead and a conspicuous chin.

Facts About Women

Mrs. I. W. Sylvester, prominent clubwoman of Alexandria, La., is a candidate for the mayoralty nomination of her city.

Mrs. Mabel R. Brown is rounding out a period of twenty-one years of continuous service as a member of the school board in Portland, Me.

Question Corner

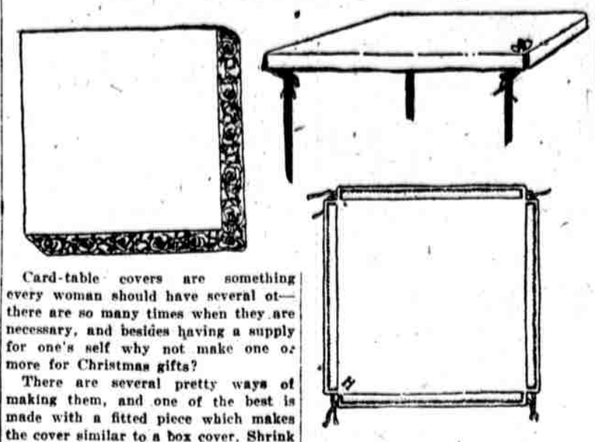
Today's Inquiries

1. In what novel way do the peasant women of France, Belgium and Italy earn money?
2. What use can be made of the stiff cups of tinfoil that are fitted around certain kinds of chocolate candy?
3. Describe a striking collar of organdy that is easily made.
4. In what novel way is a dainty candleshade for the bedroom lamp made?
5. By what simple means can a new iron cooking utensil be made more smooth and durable?
6. Describe a useful piece of furniture for the housewife who likes to serve afternoon tea.

Yesterdays Answers

1. A plain unbleached muslin laundry bag can be made attractive enough for a Christmas gift if old-fashioned design and the name of the owner are cross-stitched on both sides.
2. A novel trimming for the edge of a serge overskirt is made in rows of brightly-colored wooden beads.
3. A novel vanity bag to be carried with an evening cloak is made of ruffles to match the cloak, with a gayly hatted head at the top.
4. A worn and faded portiere of plush can be cut down into a softly shaded cover for a sofa pillow.
5. An appropriate frock for a bridesmaid at a late November wedding is made of henna tulle, trimmed with brown velvet flowers.
6. A rag doll has delightful "real" hair made of mercerized wool.

FOR CHRISTMAS GIFTS



Card-table covers are something every woman should have several of—there are so many times when they are necessary, and besides having a supply for one's self why not make one or more for Christmas gifts?

There are several pretty ways of making them, and one of the best is made with a fitted piece which makes the cover similar to a box cover. Shrink materials if you wish the covers to be satisfactory after a laundering. There are beautiful linens in the natural color, white and all other colors, that are suitable, and after the linen has been shrunken and smoothly ironed (don't iron it too wet, but iron every bit of it until absolutely dry), cut the linen the size of the table top, measuring way to the edges, and allow for a three-eighths inch seam on the four sides. After cutting the linen a half inch in, pull a thread and cut by it—never cut linen any other way. Cut strips of cretonne four or five inches wide, and seam together at the four corners so it will fit the table top, then finish the bottom edge with a narrow hem.

If the linen is in the natural color, get cretonne having a ground to match, and with bright colors over the surface. One initial can be embroidered in one corner, using the cross-stitch or laid embroidery, as one prefers. Or a small heart, spade, club, and diamond can be stamped on so they lap a little and then embroidered. Indeed, there are all sorts of things one may do to vary the style a little.

Then some of the covers are cut so they are about one and one-half inches larger all around, then the table top and the edge are bound and pieces of linen tape sewed at each corner, to tie to the table legs. Others are cut the size of the table top and on either side of each corner an eyelet is worked and through these cords or tapes are run to tie to the legs of the table. Those made all in white are very good looking, and while some might prefer the embroidery in white, others might like to introduce some color or colors in that way.

Why not make a set of four covers, each one a different color? There are such wonderful shades to choose from, and one in blue, or even two in blue, but different shades, one in a rose and the fourth in green (being sure that the colors are chosen in the right shades to look well together). Cut them one and one-half inches larger on the four sides, finish with a narrow hem (which should be allowed for extra), and then work a narrow border design in cross-stitch above the hem all the way around. Have the initial in cross-stitch also.

THROUGH A WOMAN'S EYES

By JEAN NEWTON

The Deadly Virus

Why is it that women in business "break down" so much more frequently than men? It is true, of course, that the masculine is the hardier physique. But it is true, too, that an overwhelming majority of these collapses on the part of women are not cases of physical exhaustion, but so-called "nervous" breakdowns.

And therein lies a very good part of the weakness of our, the "weaker" sex. It is not that we are actually so much weaker than men; it is not that brain work, intense mental activity is any more taxing physically on us than on men—it is the way we do things.

Most women cannot hurry—they rush. Many of us cannot apply ourselves at all without succumbing to this deadly virus that robs us of all sense of proportion, that steals our poise and levelheadedness and scatters our strength to the winds. It is simply a case of drafting nervous energy when it is entirely uncalled for, and so exhausting the supply.

Of course, it is needless to say that this is sheer waste. Every employer of any kind of labor knows that the people who go about their work coolly and collectedly, even though they may appear to be slower, invariably accomplish more than the hurrying, scurrying, turning-themselves inside-out kind.

This does not, of course, imply that all women are the hurrying, scurrying, turning-themselves-inside-out kind. But most women do continually and unnecessarily bring into play their nervous energy to the detriment of their efficiency, waste of their vitality, and harm to their health.

It is not only in business that we find such flagrant waste among women workers. Indeed nervous breakdowns and the society woman have come to be considered as belonging to the same family! And frequently the woman with only a few household tasks on which she spends only a small portion of her day will, in performing them, find herself entirely exhausted. And though she may not stop to analyze the situation, she "has a feeling" that it was not what she did or had to do that "upset" her, but the way she went at it.

"I just can't help it," a woman said to me the other day. "The moment I have anything on my mind I get shaky and start to rush." Yet she did not realize that right there in her own words lay the solution to her problem. For as psychologists and psychiatrists, who are curing mental habits and obsessions or physical ailments caused by them, will tell you, recognition of the cause usually constitutes a cure.

This "rushing" that would make us old young and lead us to early graves, is nothing more than a habit of really mental origin. And recognition of it as such with a little self-control, exercised to guard against it, should effectually rid us of it.

It is simply a matter of working with our hands and heads instead of with our very vitals, of divorcing our physical from our nervous energy and vitality, of going ahead calmly and coolly, even of hurrying, when necessary, with that detachment that takes from us nothing more than it is necessary to give.

Certainly, if hurrying is going to shorten our lives, it's a waste of valuable time.

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The Store of Personal Service

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with large cape collar and cuffs of Beaver or Natural Squirrel.

Full-flare models in three-quarter length—handsomely silk-lined.

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THE BLUM STORE

A New Organization With an Old Name

The Woman's Exchange

Covering for Table

To the Editor of Woman's Page:

Dear Madam—I will greatly appreciate if you will advise me if asbestos pads are necessry when using a luncheon set, and also whether any other cover is used on a table. R. E. M.

The asbestos pads should be placed under covers beneath hot dishes, but, of course, they are not necessary to use with the rest of the luncheon set. At a luncheon, instead of the doilies, a luncheon cloth may be used. This covers the whole table, but is smaller than a table cloth.

Facts About a Poet

To the Editor of Woman's Page:

Dear Madam—Will you please publish in your column what you know about the poet Edgar A. Guest?

M. J. B.

Edgar Guest was born in Birmingham, England, in 1881, August 20. He lives in Detroit, Mich., and has been connected with a newspaper there since 1895. He was married to Nellie Crossman, of that city in 1906. His column in the paper consists of humorous verse and sketches. He has written "A Heap o' Livin'," "Just Folks," "Over Here" and "Path to Home."

For the Voyage

To the Editor of Woman's Page:

Dear Madam—I expect to go abroad next summer and do not know what to wear on the steamer. Would it be proper to wear a sweater and a cap, or wear a hat and veil? A. E. L.

It would be in better taste to wear a sports hat with your sweater on the steamer. You can wear a soft chiffon veil thrown back over this. Trim waists and skirts would be appropriate to wear with the sweater. A dress of linen, with the sports hat, is also suitable. You must have some sort of warm wrap, as it is often quite cold out in midocean, even in summer. It would be wise to include an evening dress, or a light afternoon dress, in your wardrobe, too, as you will need this for the evenings on board ship.

Making More Money

"I Don't Like That"

If Gladys Joel hadn't had the courage of her convictions when her opinion was asked about a certain piece of expensive work which had been done in the manufacturing plant where she was a very small cog, it's more than likely that she would still be taking dictation and pounding the keys of a typewriter. But, then, "if" is really half of life—and the central half, at that.

It wasn't so very long ago that Miss Joel was drawing a rather slim pay envelope as a stenographer in one of the factories which specialize on the manufacture of high-class motorcars. One day the firm decided to make a radical change in the interior arrangement of their leading car, but before the model was finally adopted a number of persons in the plant were asked to tell frankly what they thought of it.

One by one came the expressions of approval—"It's beautiful," "It's lovely," "It's exquisite," and so on down the line. But when Miss Joel was asked for her views on the matter she came out with the unqualified statement that she didn't like it.

"And what's more," she added, as the other employes stood aghast at her temerity, "I don't think that any woman who could afford to own a car of this kind would like it either. Look at that shade of green. It destroys the harmony of the entire effect. And that seat—it's too deep for a woman, though quite comfortable for a man. And this—and this—and this—" One by one the quick-witted stenographer picked out flaws which only a woman would have seen and only a clever woman would have had the courage to bring to the attention of her superiors. The following morning Miss Joel received a notice to report to the superintendent of the finishing room and now she has charge of all the "special order upholstering" done by that firm.

Tomorrow—Capitalizing a Natural Instinct

THE AVERAGE PERSON CARES LITTLE ABOUT HEALTH

She Wants to Feel Well and Look Well, but She Doesn't Want to Be Bothered With Taking Proper Care of Herself

A PHYSICIAN who has been giving lectures on health in various cities asks these questions of her audiences:

"Are you as agreeable in the morning when you first wake up as at any other time of the day?

"Have you a spring in your walk and a sparkle in your eye? Do you look healthy to the casual observer?"

And nine out of ten of her hearers probably question themselves and then say, "Why, yes, I think so—of course I feel sort of mean some days when I get up, and I kind of drag around sometimes when the weather's bad, but nobody ever said I didn't look healthy."

And that is enough for the average person; if nobody tells her she looks bad, she considers her health satisfactory.

"Oh, I'm always well," she announces, cheerily—and expects you to believe that it's natural for a person who is always well to be pale and dull-eyed.

"I manage to keep my health in pretty good condition," declares another person, "although, of course, I do have those dreadful bilious attacks every once in a while, but then I think everybody has them around this time of the year."

"This time of year" gets blamed for so many things of which it wouldn't think of being guilty!

SO MANY, many girls write to me and say "How can I get rosy cheeks? What will give me a good complexion? How can I make myself better looking, I am so thin?"

They all want some remedy that comes in a bottle or a box; they don't seem to realize that they don't have to buy, they just have to act.

They utterly ignore the remedies that stare them straight in the face; fresh air, exercise, sleep.

They go to bed late and have to get up in time to get to work in the morning; they sleep with their windows half closed, and they prefer the hot, close atmosphere of a restroom during lunch hour to the outside air; and they would rather sit right down on the curb and die than walk four squares.

Health doesn't mean a thing to them; they're bored with it and its rules and necessities; give them their own kind of a good time—and tell them how to have a good complexion without working for it.

You think as you hear stories of this kind that it must be exaggerated; surely there are few persons today who are so ignorant as that of the proper care of themselves.

THEY are fewer than they used to be, but they still exist.

You have only to look about you to discover the mother who gives her five-year-old son a cup of coffee and a sandwich for his lunch in spite of his pathetic, dark-rimmed eyes and pale cheeks, and the thin girl with pasty complexion who talks about frying a beefsteak for her supper.

They think it's natural for Sonny to mope about in the house instead of romping with the rest of the children outdoors; they think indigestion caused by the constant eating of greasy fried food is just one of those things that everybody has now and then.

OH, I HOPE this physician will have crowded houses of audiences who need her teaching.

We have exploited service, we have run patriotism almost into the ground, we have preached economy, and we are daily learning more about science—now let's get down to solid earth and build up a pedestal for health.

Rest Huts Close

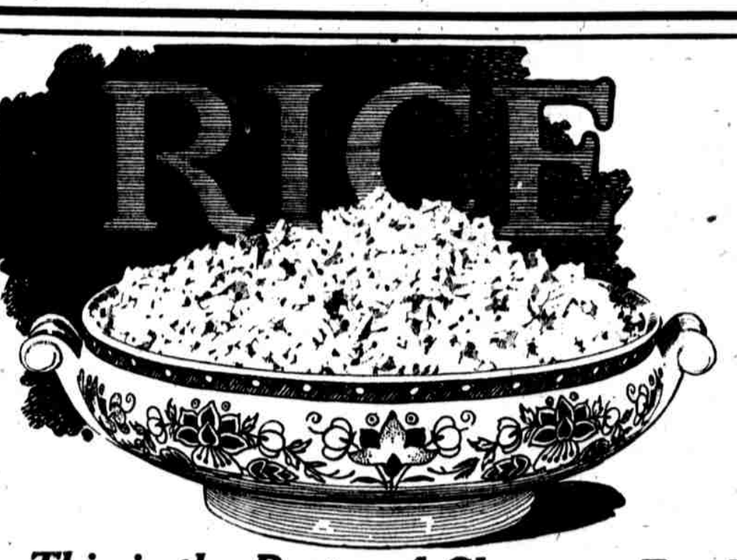
Because of the small number of visitors to the American cemeteries in France during the cold months, the hostess houses maintained by the American Red Cross and the Y. W. C. A. at Bony, Fere-en-Tardenois and Belleau Woods, for the comfort of parents and friends who are visiting the graves, are to be closed this winter. The house near Romagne, at the Argonne, the largest of the American cemeteries, will remain open. If the need is renewed in the spring the houses will open again. Hundreds of American travelers who have visited the graves have been taken care of in these small houses, the only quarters affording meals, rest rooms or any traveling comforts near the cemeteries.

Evening Gowns Lowered in Price 25% to 45%

Fre De Man Evening Wear is of that exquisite type that gracefully welcomes the social season. The Reductions are especially timely.

25% to 45% off on Daytime Frocks.
Substantial Reductions on Furs.
25% Reduction on Millinery.

Fre De Man
1302 Walnut Street



This is the Best and Cheapest Food

THERE is no more delicious food than rice. Cook it so that each grain swells to tender plumpness — so that every flake stands alone. Then eat it as you do potatoes with gravy poured over it, or golden butter melting through it.

Serve rice as a vegetable with all kinds of meat, fish and poultry. Bake it with chopped meats—it's a meal by itself. With sugar and cream, it can't be equaled as a breakfast cereal.

Eat rice every day—you'll enjoy it. And you will save money, too. For rice is the most economical food. A cupful makes enough for a family of five. None is ever wasted. Leftover rice can be made into a large variety of tasty dishes. There are over three hundred ways to prepare rice.

Rice is a healthful food. It digests in one hour. Other foods take from one hour and forty-five minutes to four hours. It builds strength and sustains energy. Rice is the finest food grown — American rice leads the world in quality, flavor, and wholesomeness.

You Will Like this Master Recipe

From the southland, where rice is a famous dish, comes this splendid recipe. It is so easy to cook rice this way, that anyone can successfully do so the first time they try by carefully following the directions.

Wash rice thoroughly in a strainer. Use a deep porcelain or agate-ware kettle. To four cups of boiling water add one level teaspoonful of salt. Then add one cup of washed rice so slowly that water continues to boil. Lift rice occasionally with fork, and shake kettle so that no kernels stick to bottom. But—this is important—*never stir the rice.* Boil twenty minutes. Then pour water off, if any, and place in open oven where it will finish swelling without burning. Each grain will stand alone, plump, tender and delicious. Consult any standard cook book for a number of delicious rice recipes.

ASSOCIATED RICE MILLERS OF AMERICA, Inc., New Orleans, La.

EAT RICE