EVENING PUBLIC LEDGER-PHILADELPHIA, SATURDAY, DECEMBER 18, 1920

PROBLEM OF CORRECT FOODS Please Tell Me DISCUSSED BY MRS. WILSON

Children Should Have Heat-Producing Foods in Winter Weather—Foreign Housewife Is Clever at Vegetable

and Cereal Diets

By MRS. M. A. WILSON properties the start of the start o By MRS. M. A. WILSON

THE subject of proper food that we tional and inherited tastes of people are very little affected by the increased cost of living. They stick very closely to regetable and cereal diets. Now, while child that is able to talk and understand is too young to learn the care and nu-trition of the body. trition of the body. rition of the body. Today the kindergartens are teach. The fareign housefulfe is a most con

Today the kindergartens are teach. Ing the toothbrush drill. The wise sciences flure by reason of her elever and judicious purchasing of foods that prow-big-and-strong drill. Teach the children to ent foods that will make them and keep them physically fit and that healthy boys and girls are the best take for life. The foreign housefulfe is a most con-sciences for an judicious purchasing of foods that have a minimum of waste. As, for ex-a ple, during the high price of potatoes, inv and macaroni. To be sure, these odds increased also, but not to such ar these foods contained the minimum most contained the minimum most contained the minimum

The appetite persistently demands at moisture content, averaging about 13 tention; this may easily be controlled per cent—quite an item to be reckoned 78 per cent—quite an item to be reckoned and eat the foods that will keep us in counted. Then, again, the foreign housewife the your determined in very mean determined and eat the foods that will keep us in counted.

and eat the foods that we may easily me with where every penny must be and eat the foods that will keep us in counted. a good, healthy condition. Mother, do you know and do you teach your children that cold weather the so and girl eat heat. producing foods and that these foods belong to the earboardente family and the so cannot family and the hydrocarboa group; that during the hydrocarboa group; that during the so there are to be kept healthy? Rice, hominy, cornaneal, cream of legumes.

that it is always a mistake to call an que silly names and to say things, yo in fun and repeated never sounds th ame. You had better make new friend and be a true friend yourself to them for you will find that neither this boy culed by you. think you are a very impertinen

I think you are a very impertinent this girl to call your stepfather by h. first name. If you will not call him tyber, give him another hame such as dad, er call him uncle or some other hame that shows relationship. Your nother has every right to resent your importinents. impertinence, -----

"Boots"-Your letter will be answered n the Woman's Exchange.

What to Do

By CYNTHIA

To "Mary I. S."

Learn a lesson, Mary dear, from this

<text><text><text><text><text><text><text><text><text><text><text><text>

#hake

FROM THE HOUSEMAID



Photo by Old Masters We have borrowed the apron, which used to be a strictly utilitarian feature of dress. But it has been discovered as such an attractive addition to the frock that now we have it made right on, often of the same material as the costume beneath it. The frock itself is in two tones of rose chiffon and the apron overskirt is of embroidered lingerie

Two Minutes of Optimism By HERMAN J. STICH

Keep Moving!

WITHEN a hoop stops, it falls.

W Action stabilizes, as gravitation holds the planets to their course. Without action, as without gravitation, the whole world would instantly go

to smash. In activity is strength.

Inactivity sounds a man's deathknell.

The man who is satisfied, who is not looking ahead and higher, who is not

eternally striving for something better, is little different from a dead man, and he is far more of an incumbrance.

Unlike Topsy, we do not "just grow,"

His Little Old Car

We either push or are pushed, compel or are compelled, row or drift, swim or sink, forge forward or lag behind.

Nature knows no rest. Repose in activity is her mandate. The swallow feeds and recuperates on the wing. The ship at the wharf rots. Water that does not run putrefies. And the man who stops stagnates.

If we had our way, some of us think we would spend our life lying under

AFTER THE MATINEE **ON SATURDAY AFTERNOON**

It's Fun to Walk Along in the Snowy Twilight and Wonder Where People Are Going-When You Have a Comfortable Home Just Ahead

THE Giant of the Woods wanted very

ADVENTURES

"The Magic Artist"

By DADDY

CHAPTER VI

The White Knight

DREAMLAND

The giant of the Woods wanted very much to thrash the attist who had ade the snow animal images in the brest. These images had caused him in December you find the first minin-ture snowstorm. The crowds from your theatre and the others nearby are hurrying along in 'eggy's sled, had butted him deep into 'eggy's sled, had butted him deep into 'the snowdrift. Til teach that artist chap not to play ricks on honest hunters," roared the

Lights are flashing from signs above lant. He stopped to tear off a stout the various theatres, at hotels and here whip from a hickory tree, then he and there high up in an office building. ushed on up the hill, following the sled racks which had been made by the mow bear when it chased him. Peggy and Toddie Pupkins ran after him to see what was going to happen. They were nearly up the hill when a howl caused the Giant of the Woods to halt. "Ow-ow-ooo-ood" It was like the howl of the snow bear. "Ow-ow-ooo-ooo " It was followed by words poken in a deep, growly voice. "Come on, you Giant of the Woods. Come on up here where the protector of the Bird-land folks can punish you for hunting the rabbits and the squirreis! Ow-ow-poo-ooo "." It was fulled in the squirreis! Ow-ow-"Oh, look, it's snowing! Oh, I hope ushed on up the hill, following the sled

"Oh, look, it's snowing! Oh, I hope "Ho! Ho! Ho! If it is a fight you want, I'l give it to you," roared the we have a white Christmas!

"Ho! Ho! If it is a fight you we have a white Christmas!" want, I'l give it to you," roared the "I'm certainly glad I'm not going out of my warm little home tonight!" "To this the voice answered quickly in growly tones: "Do not boast so soon I shall send my magic snow knight mounted on his "To this the voice answered quickly in "I hope it doesn't keep this up all night—I want to go to the country to-morrow."

magic snow knight mounted on his magic snow steed to fight you. Thrash him if you dare!" At that moment there appeared on the crag above them the figure of a white knight mounted on a white steed The knight was armed with a long "Ho! Ho! Ho! Ho! I'm not afraid of your magic snow knight and his magic into the giant. 'I'm

"Ho! Ho! Ho! Ho! I'm not afraid of your magic snow knight and his magic truth is wife, in a fur wrap and no hat, and this penceful, slowly snow, steed!" roared the giant. This mask them to bits with my club, and their daughter, with soft tulle showing above her warm cape—obviously going and just ahead—home. The knight is prear and the steed pranced forward. The knight charged full tilt at the giant and caught him right in the breast with the spear before the giant got over his surprise. The thrust of the snear sent the giant more backward, sending him sprawling in the snow As he tried to struggle to his feet the knight whick a with the 'de of the spear. "Teet Hee!" haughed Honnity-Hop and the other rabbits 'Eek! Eek!

"Tee! Hee! Hee!" laughed Hopnity-Hop and the other rabbits. "Eek! Eek!" Chuckled Bushy-Tail Squirrel and the other squirrels. "Ouch Ow!" yelled the giant. "I could whip an ordinary knight, but I can't whip a magic knight?" "Run for your life!" for she was afraid the magic knight would give the giant a terrible beaving.

"Real Cake"

die Pupkins. "Ha! Ha! I had the deer tail tied to a fashine." laughed Bily. "And the kick you got was a soft snowball in the "Yes, the hotels here serve delicious soups, wonderful entrees, salads that would tempt any appetite, and less that literally melt in your mouth—but there isn't a slice of real cake in the whole

face" "Get up behind me and my magic snow steed will carry you home." cried Billy to Peggy. She did as he said, and cit

The headquarters of this order in the series of this order in the science of the woods did run. And the Glant of the woods did run, and the science of the woods did run, and the real bias of the woods did run, and the real bias of the woods did run, and the real bias of the woods did run, and the real bias of the woods did run, and the real bias of the woods did run, and the real bias of the woods did run, and the real bias of the woods did run, and the real bias of the woods did run, and the woods did run the woods did run the woods did run the woods. The woods did the the circulation and make it genes the origin of the circulation and make it genes of your nose, the circulation and make it genes of your nose. This wood woods were the science of the

SECOND EXHIBITION OF PAINTINGS AND SCULPTURE Arranged by MISS ALICE EWING AT NEWAN'S GALLERY 1732 CHESTNUT ST. Until Jan 15. Pearson, Graffy, Larssle Borie, Bing. Stoddard, Sacks

WHAT'S WHAT Ry HEFEN DECH

for two. You inngine the faint sound of music

from a distance which greets the dimension of the state o

I one of these half-snowy evenings in

December it's different. The snow makes its indefinite vell tetween you and the lights, and there is the same gray twilight over the tops

while these foods are most mitable for the young, it is also highly important that the aged avoid choose, currents, macaroni, horseradish, rice flour, dried tish, samer krant, tomaties, foods pepters-their offects upon bristles is best and intestines make them for fremy of doubtful value to the nged persons. Quite recently mg investigations of how the high sist of living was affect.

THE HUSBAND HATER

By HAZEL DEVO BATCHELOR

Things You'll Love to Make



Another excit and y box flower the relation of the box and a long beat to the soft and with soap as this spolls the two mate along beat to the other the instead, with a soft cloth head secures this interesting and useful isonal candy-box basket, FLORA.

By HAZEL DEVO BATCHELOR Conversion interval of the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of future comfort. You will be an another the source of the source of the source of the be an another the source of the source of the source of the source of the be an another the source of the source of the source of the be an another the source of the source of the source of the source of the be an another the source of the so

To Clean Furs

Toroian furs of home wash and ther-

torrest built brush-one with fir best fover the bristles with cotton. Hrush the fur gent

yery more. So may you profit by your whole-hearted resistance and sacrifice of those is used joys precedent to most marriages and the entire surrender you have made in the cause of future comfort. You will THE DAILY NOVELETTE

Il else to honor you and give you the orange that moes to make the happy

Tare holding those reins in case of an emergency! Your actions and mo-tives are very impiring, and the confer-sion that you are marrying a man for

haracter sends me into "spasms of for it is something new and rare,

The set is the first set of the Mark ranch deal model of the first set of

gy find where the provide stry much in love with him. But in her termings for him, in a don't want that "The or head" Jean and quickly Her resary for happiness, it is only a part i resided could work stry wordering numbers around of love and Teansy has it or the idea



a suspect that whenever the RING OF SATURN A-It encircles the base of the Middle finger and Indicates insta-bility and a vaciliating character. 1 r. we - merry Hig her. In he fubilinged.

The Bing of Saturn is not a desirable marking 1 is a curved line encircling without a flame? "By the way, dearle," were Bert's Michel, shaking herself to rights, walk to be regarded as a sort of barrier to the full expression of the good qualities work of the finger and Mount of Saturn and is which the finger and Mount of Saturn is hows a discord qualities in the full expression of the good qualities into the foll expression of the good qualities in the full expression of the good qualities into the full expressio Cleaning Windows S COLLED S DWANN-

LXV

fruit trees waiting for breakfast, dinner and supper to drop into our mouths. If we indulged ourselves long enough we would rapidly become afflicted with boings that nees to make the nappy home. Some time ago, a philosopher suid "When passion drives, let reason of the reins" My dear girl, if pas-sion has never driven you, thank your stars, and also thank them again that worst ills and ailments to which man is heir and prey.

None of us have our own way, and it is providential that we do not, "On! On! On !" is the cry of the universe till even the star of destiny has vept westward, and now hovers over our own United States!

Brain and bleeps are the coat-of-arms of every successful man, brain and biceps and the imperious urge of ambition that grows as achievement shows, that stirs us up and spurs us on and proclaims the immutability of nature's call,

"Wake up !" "Watch your step !" "Carry on !" These are the keynotes of our century, and the keywords of all we do. One upward bound simply qualifies a man for another-keep moving. You can't climb standing still.

> and was speeding along the state road at something around thirty miles an hour, which was quite the machine's best.

The day was cold and blustery, with By HAZEL GRAY WOOD "She's a good little old car, all right,

"She's a good little old car, all right, all right?" and Bert Nettleton patted af-construct the dented ngine hood of his topless, starterless, paintless old noil or anothing and take every hill—and sh always gets there" Mabel Aster, the girl he was going to marry when he landed a job with a living wage regarded him pityingly. yet with a touch of anxiety In their a nopular young fellow with the girls, but never, never had she felt the pang of realousy that sometimes came to h r when she heard him rave over his "Tan't suppose you'd toach me to run

2 lean at rected wells
3 lean at rected wells
4 lowe and famps' has it or the ideal
5 lowe and famps' has it or the ideal
5 lowe and famps' has it or the ideal
6 lowe and famps' has it or the ideal
6 lowe and famps' has it or the ideal
6 lowe and famps' has it or the ideal
6 lowe and famps' has it or the ideal
6 lowe and famps' has it or the ideal
6 lowe and famps' has it or the ideal
6 lowe and famps' has it or the ideal
7 low famps in state in the state state is the ideal have
6 lowe and famps' has it or the ideal
7 low famps in the state is the ideal have
6 lowe and famps' has it or the ideal
7 low famps in the state is the ideal have
7 low famps in the state is the ideal have
8 lowe and famps' has it or the ideal
8 lowe and famps' has it or the ideal
9 lowe famps in the state is the ideal have
9 lowe famps in the state is the ideal have
9 lowe famps in the state is the ideal have
9 lowe famps in the ideal have

"the transfer of the privilege of help the finally arried the privilege of help the she become under Bert's ture age in cranking and backing and keep-ing time to traffic without stalling that the finally arried the privilege of help the she wished.

The she wished. Thurning the car served to take her houghts from her worry as to when if ver, she and hert could get married That job with its living wage was al-ways just a little way off. As a matter of fact along in the fall there actually developed prostects of a fairly well-hay day might bring the news that Bert was want d

The second and second s

the telegram, "Is as good as a marriage A few minutes later he walked down

has it warn't mail that came for Her' in his absence. It was a telegram and Hert's havilady, nicely on the job called up Bert's finnce, as to how to dispose of it. "Op n it?" said Mabel on the spur-of the moment. Apparently the hand indy did so for presently over the wir-the following reached Mabel's ears "tob open. Will hold twenty-four hours. Wire."

duct into the reservoir, then rinse with warm water. The near-sighted woman who likes to sew would appreciate the gift of a small stand and peg for a speel of cotton, with an adjustable magnifying glass at-tached to it as a help in threading the need'e. The intest fud in vanity cases is the nowder puff and tiny mirror that fit into the hinged, round top of an umbrella handle. A convenient hanging basket has a tube through which it is watered connecting with a false bottom where sponges keep the moisture. and make watering necessary only twice a week. An innovation in shoe buckles seen on some of the newest walk. ing shoes is a tongue of leather which hangs out over the lacing and is cut into a fringe, A striking trimming for a red velvet dress is a group of black

satin roses scattered at random

Easy Terms

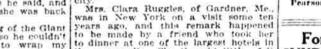
over the skirt.

33333333

y

10.00

1010



For SCALP and SKIN SUNRAY The mineral oils is Sunray Tonic have wonderful healing dua-lities. Ask your harby HAIR TONIC SUNRAY COMPANY Market 4174. 416 N. 2d St.

State of the second

\$60

Lichtey's, 6 N. 11th St.

"I Costs Less on 11th 5."

Open Evenings

Shave, Bathe and Shampoo with one

"Get up hehind me and my magic "real and be show steed will carry you home." cried what a siles of real cake in the whole city."
"When aste pad sound..." "When a size show the was back holding it in place with the couldn't bring any rabbit skina to wrap my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my chilly bables in." she stald, as she was may my show the stald as she she was may my show bed for the night.
The Question Corner Today's Inquiries
1. When using an erg. beater for several minutes, what can be done to avoid the tiresome necessity of boding it in place with the left hand?
2. Describe a useful accessory for the parson who uses the trelle y often builb gives double service?
3. What new style of cleetrie light bails be brightened for use?
4. How can faded Christmas tree bails wereing dress?
5. In what nitractive way are beads used on the githle of a striking evening dress?
6. How can a stunning brocade effect be made in the vest of a black ve'vet dress without using brocade?
7. When a fountain men becomes clagsed with dried ink, clean it by mushing a fine melle under the service?
8. How can a faded Christmas tree bails be began to send in cortex and. before was a baltery of the city, and finally secured permised in the very of a black ve'vet dress without using brocade effect be made in the Soap.— Cuticura Cuticurs Soap is the favorits for safety rasorshaving. -Remarkable Closing Out Sale-100 Ladies' Diamond Rings With blue-white diamond set in platinum, crown mounting and green gold. \$24 each

rom my intention to mal ell nothing but real cake." make, bake and

Monday-"A Growing Business"

3131313131313 Heartache or Happiness?

Your children will go to bed on Christmas Eve with the hoofbeats of reindeer ringing in their ears and the knowledge that the break of day will find a gift-laden tree awaiting them. For such as these, Christmas is a long round of happinessjoy piled on joy and toy on toy.

But what of the others - the 12,000 children of Philadelphia's poor, whose hearts are torn by the fear that Santa Claus will pass them by?

Are they to get no closer to Christmas than the windows of the treasure-houses that line the streets of the shopping districts? Are they to awake to find their stockings filled with nothing but holes? Are they to have only heartaches, while other children are overflowing with happ.ness?

Help these little ones to have a real Christmas They need so little to make them happy. Send them the toys your children have discarded, the books they have read, the clothing they have outgrown—or money so that gifts may be bought. Do your Christmas helping early by sending gifts or checks to the

LEDGER SANTA CLAUS CLUB 612 Chestnut Street Philadelphia

indy did so, for presently over the wir-"he following reached Mabel's ears "Tob open. Will hold twenty-four hours." Wire." Mahel regarded him scathingly. "About forty-eight minutes for the forty-four miles." she said scornfully, then waited for his volley of questions. "You don't say. Mabel." he beamed "Well, I always said she was a good little old car whos radiator she had filled with warm water, collected the telegram, MYERS F. HALL, Inc. 😪 626 Germantown Ave 💋



\$125 & Upward

Above Hontingdon St. OPEN EVENINGS

FOR CHRISTMAS

welcome. This," he said, when he had read

to look over the car with Mabel, whe had not yet had time to tell him thi-method of her arrival. "Some car," he said. "She always g t there: What sort of time did she make?"