

PROBLEM OF CORRECT FOODS 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, Ph.D. In her own home, Mrs. M. A. Wilson, of Philadelphia, is a practical authority on the subject of proper food for the family...

ing our population carried me into many communities and districts far from home. Here I found that the national and inherited tastes of people are very little affected by the increased cost of living...

The foreign housewife is a most successful figure by reason of her clever and judicious purchasing of foods that have a minimum of waste...

From lamps to candles is a very logical and natural transition, so let me tell you about the amazing collection of candlesticks at this same show...

Cereals and finely chopped nuts made into vegetable loaves and served with a good sauce is a very much more healthful and economical method...

While these foods are most suitable for the young, it is also highly important that the aged avoid excesses of current, macaroni, liverwurst, etc.

THE HUSBAND HATER

By HAZEL DEVO BACHELOR, Contributor, 1922, by Public Ledger Co. Joan Northrup has been brought up in a household in which she has been treated by her husband as a household pet...

Introduction, Cleely Mark. I had a very nice young man, and he was a very nice young man, and he was a very nice young man...

Things You'll Love to Make. Round Candy Box Sewing Basket. An idea for the holiday season is to make a round candy box with a lid that fits...

Cleaning Windows. An idea for the holiday season is to make a round candy box with a lid that fits. This is a very simple and effective way to clean windows...

FROM THE HOUSEMAID Please Tell Me What to Do

By CYNTHIA. To 'Mary I. S.' Learn a lesson, Mary dear, from this that it is always a mistake to call an ego silly names and to say things to do not mean at any time...

His Idea of Love. Dear Cynthia—in my capacity as a steady reader of your worthy column, I deem it proper to say a few words to you about your column...

Praise for 'Daddy'. Dear Cynthia—May I rub a few words on your forehead? You are a very nice young woman, and you are a very nice young woman...

Your Soul in Your Hand. The Ring of Saturn. The Ring of Saturn is not a desirable one to have on the finger of Saturn...

FROM THE HOUSEMAID



Photo by Old Masters. We have borrowed the apron, which used to be a strictly utilitarian feature of dress...

Two Minutes of Optimism

By HERMAN J. STICH. When a hoop stops, it falls. Action stabilizes, as gravitation holds the planets to their course. Without action, as without gravitation, the whole world would instantly go to smash...

DREAMLAND ADVENTURES

'The Magic Artist' By DADDY. CHAPTER VI The White Knight. THE Giant of the Woods wanted very much to thank the artist who had made the snow animal images in the forest...

THE WOMAN'S EXCHANGE

Foresters of America. The Editor of Woman's Page: Mrs. Madam, have you been trying to locate a court of Foresters of America in West Philadelphia...

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

SOMETIMES when you come out of the theatre on Saturday afternoon in December you find the first miniature snowstorm. The crowds from your theatre and the other nearby are hurrying along in the general mood that a matinee promoter discussing the problems presented in one play, laughing over the situations and lines in another...

WHAT'S WHAT By HELEN WESTER. Remembering the poor at Christmas is not wholly an affair of sending a check to a charitable institution, though that is a good deed in itself.

THE QUESTION CORNER

Today's Inquiries. 1. When a fountain pen becomes clogged with dried ink, clean it by pushing a fine needle under the point and up through the feed...

FOR CHRISTMAS

SELECT Phonograph. Uptown's Representative ALL MODELS \$125 and Upward. Easy Terms. MYERS F. HALL, Inc. 626 Germantown Ave.

100 Ladies' Diamond Rings

Remarkable Closing Out Sale. 100 Ladies' Diamond Rings. With blue-white diamond set in platinum, crown mounting and green sapphire. \$24 each. Sell regularly for \$60. Lichty's, 6 N. 11th St.

HEARTACHE OR HAPPINESS?

Your children will go to bed on Christmas Eve with the boozefests 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 happiness—joy piled on joy and toy on toy.

LEDGER SANTA CLAUS CLUB. 612 Chestnut Street Philadelphia. Help these little ones to have a happy Christmas. They need so little to make them real. Send them the books they have read, the clothing they have outgrown—or money so that gifts may be bought.