MRS. WILSON GIVES RULES FOR HEALTH IN WINTER

Eating of Proper Foods and at Regular Times Will Keep the Body and Mind in Good Condition to Combat Colds and Sickness

By MRS. M. A. WILSON

WE MUST realize that only as masof self-control are we able to do our best work and effectually influence

Play is the universal characteristic of childhood and it signifies health and happiness. Let us keep the chi'd spirit in our life—the spirit of play. Have come fun each day, if only for one half bour. Never quit playing, Dance, golf, bowl, play basketball and walk, if only

for an hour each day.

An important habit to cultivate is that of a short period of repose. This is especially needed by persons of nervous temperament, as well as the sedentary indoor worker. About noon, sit alone and dismiss all thoughts of busi-

alone and dismiss all thoughts of business and worry from the mind, relax. Do this each day, if it is only for ten minutes; one-half hour is better, if you can so arrange it.

To the busy man and woman, this moon relaxing will bring the needed reserve and power. The mind has great power over the body and in cultivating right habits we become physically fit. Good health produces a pleasant and happy state of mind, it gives us hope, confidence and cheer. Worry, jealousy, hatred, anger, all these impair the health and injure the mind. So you can readily understand that will power is positively improved by careful habits of good thinking.

Proper dress is another element in maintaining hea'th. Wear clothing that is too heavy. The knit cotton garment that hugs the body closely will permit a circulation of air and at the same time keep the body warm; this is seen.

man body is for substance, and for this purpose the markets today afford an extensive choice or the products of the dairy, farm and sea. In his first existence, man, like the wild animals, obtained his food by the simple expedition of taking natural foods; however, and it signifies health and thess. Let us keep the chi'd spirit ur life—the spirit of play. Have fun each day, if only for one-half. Never quit playing, Dance, golf, play basketball and walk, if only in hour each day.

Important habit to cultivate is of a short period of repose. This precially needed by persons of nerver. man body is for substance, and for this

Physicians, dietitians and food specialists all agree that meat is very nour-ishing, but if it is used in larger amount than necessary for the body require-ments, it overworks and overstimulates

ing that is too heavy. The knit cotton garment that hugs the body closely will permit a circulation of air and at the same time keep the body warm; this is deal.

Protect the feet from cold and dampness; this is very important. The young woman who declines to wear overshoes and who walks abroad in rain, snow and that the saint woman to harvest dividends of water every hour for your best in saint.

Daily exercise is vitally necessary and This does not mean potato salad, meat it can be taken on the stormiest day, or fish salads, but a large saucer of from the suitably clad. Eat lightly succeient greens, such as finely minced succeient greens, such as finely minced celery and lettuce, cabbage, watercress, corn, endive or romaine salads, dressed with a simple French dressing.

ish is going to harvest dividends of health's sake.

Eat a large saucer of salad every day.

THE HUSBAND HATER

By HAZEL DEVO BATCHELOR Copyright, 1921, by Public Ledger Co.

Jean Northrup is forced by the death of her father into an unwilling marriage with her guardian, Mark Brand. She hates him almost from the beginning, and she is very lonely out on hie western ranch. Finally onther man, Dick Mason, comes into her life, and they become friendly. Jean cares nothing for him, but Dick gradually grows to care and finally makes the mistake of asking Jean to go away with him. Mark comes home, and overhears everything. He sees that Jean, although she hates him, its loyal, and he offers her freedom.

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"Very well," Mark returned, "that's a good idea; when do you want to start?"

Jean thought quickly. After all, she must not make her appearance in New York too precipitately. She must telegraph Cicely first asking her if it would be convenient. Jean was too proud to go to Cicely like a runaway, she had no intention of telling her troubles to any one.

"Ill telegraph her today."

"One of the men can ride into town with your message," Mark suggested. "and you can ston off in Chicago for some shopping. I'll see that you have

Never before had Jean been known to laugh aloud over anything.

Mark came in as Jean was flaishing and she murmured a good morning.

He replied briskly with a suggestion that they go out on the veranda and Jean followed him out into the heat of the sunshiny day. Many times Jean had complained of the heat, and the shadeless plains, but now as she looked around and realized that soon she would around and realized that soon she would be leaving all of it forever, she no longer to care.

"There isn't much to be said," Mark began and Jean was vaguely disappointed that he was so businessilite. Last night his voice had been shaken, his body had drooped, his blue eyes had been flery as he had said that he loved her, that he would always love her. Even though she hated him. Jean, womanlike, did not like to think that her leavetaking sould be contemplated with so little. feeling on his part as he seemed to

feeling on his part as he seemed to evince this morning.

"If you went back to New York, where would you stay?" he went on. He was alert, aggressive, he did not seem the same toward her at all. Perhaps, Jean thought suddenly, he had decided to put her out of his mind altogether, and that would make things so much easier for both of them. After all, why couldn't they agree that the marriage had been a mistake and forget about it?

"I could visit Cicely for a time." Jean said eagerly. Her own plans for the future were very vague. She could not get her thoughts away from the present and her one idea now was to get away

get her thoughts away from the present and her one idea now was to get away where Mark could not influence her by his presence, where she could think for herself and decide what she wanted to

The Question Corner Today's Inquiries

1. Describe a convenient chair for the two-year-old.

the two-year-old.

2. How can a clean smooth basket for clothes be made out of an ordinary bushel vegetable basket?

3. When it is desired to make an extra hole in a leather belt, what 'implement' can be used to

4. What style of padded hanger is more practical than the silk kind for coats and suits?

Describe a striking new veil of lace and tulle. 6. How is the newest shield made for a polychrome candlestick?

Saturday's Answers

1. Oscar, fifth son of the former German kaiser, has given his youngest daughter the significant name of Herzield, or 'Heart

2. An easy and inexpensive way of making a toy cat is to take an old black or white stocking and stuff it with cotton, shaping the ankle part for the head, sewing two buttons on for eyes and embroidering a small nose and

Window glass can be cleaned and highly polished by rubbing it with

a newspaper. A dainty little bib for the baby can be crocheted with a tiny rose

design in the center. Soaps of vegetable oil or oatmeal will counteract the effect of hard water on the skin.
A good-looking new lampshade is
made of a thinly woven basket.
with the bottom out, lined with

one.
"I'll telegraph her today."
"One of the men can ride into town with your message," Mark suggested, "and you can stop off in Chicago for some shopping. I'll see that you have plenty of money.

A Change in Mark

JEAN awoke the next morning with the glad consciousness that something had happened to her. The some with makes a drung in her face the day she had mug in her face the day she had not louched her, and the glorious fact remained that she was going way, away from this horrible. Supply place forever, commenced the way, made a significant generating the plant of the diving room. It was a glorious day, and the sun was shining through all the many windows. Mana shrugged her shoulders in her uncommunicative way, made a significant generating way, away may way, away may find this production asked her crisply where Mr. Brand was Mana shrugged her shoulders in her uncommunicative way, made a significant generating way, and the sun was shining through all the many windows. Mana shoulded not again. Jean had grown used to Mana, and even smiled at her indiar reserve. Today she laughed out again. Jean had grown used to Mana, and stared at her mistress. Never before had Jean been known to laugh aloud over anything.

Mark came in as Jean was flaishing.

**Some shopping. I'il see that you have been dead according to the churches, in the churches, in the messpapers, in the messpapers, they are still and the messpapers in the magazines, they are still and the messpapers in the magazines, they are still and the messpapers in the magazines, they are still and the messpapers in the magazines, they are still and the messpapers in the messpapers, in the churches, in the messpapers, in the messpapers, they are still and the messpapers in the messpapers, the messpapers way a specific deal merisage, what is a good husband, what is a good husband with a messpaper that principle. What is a good husband with the principle that pass over the seal passpaper. If they were already the seal

Every one who has ever views on story of the woman who that the Antonio carries away at least one story of the woman who that an unique memory of the Texas city—that sometimes cause thouse the constitution of a white-haired thick-set man mount. ed on a horse and with a megaphone continually to his mouth bellowing the delights of attractions in and around the city. But the remarkable carrying city. But the remarkable carrying er of his voice is not the only un-al thing about Julius Meyers, or egaphone" Meyers, as he is generally "Megaphone" Meyers, as he is generally "Megaphone" Meyers, as he is generally called. Twenty years ago he came to San Antonio on a stretcher and the doc-San Antonio on a stretcher and the doctors agreed that he couldn't live six months. Not only has he proved the error of their prophecy, but he is now making his living through the part of his organism that was supposed to be completely shot to pieces—his lungs. When Meyers arrived in "San Antone," one of his lungs was just about gone. There was a little of it left, but not much, and not a medical man in the city held out the slightest hope of life beyond the end of the year. Meyers, however, didn't give up. He was determined to live and he knew that life in the dry, healthful air of Texas would help him if anything would So he set to work at a series of calisthenic exercises, slowly at first and then more vigorously.

lowly at first and then more vigorously little by little his diseased lung mend d and now San Antonio boosters de-Little by little his diseased lung mended and now San Antonio boosters declare that "Megaphone Myers" can outshout any ten men in the United States. In addition to building up his body. Meyers' outdoor life also built up his income, for he adopted the strange profession of a combination billhoard and announcing machine. Even his clothes are decorated with signs and obscards decorated with signs and placard nd there isn't a theatre, movingand there isn't a theatre, moving-picture house, dance hall or amusement park around San Antonio that doesn't make use of his exceptional lung power for burposes of advertisement. His stentorian "La-dees and Gen-tul-men" rings through all parts of the city and now, at fifty, he is averaging well over \$12 a day while twenty years ago he could hardly speak above a whisper.

Tomorrow-By Clipping Rabbits.

HUMAN CURIOS

Arthur Kemp, Long-Distance Planist channels, ranging all the way from the more than typing, as that takes only an man who wishes to excel as an eater of hour and the other hour is taken up ples to him who desires to accumulate with stenography or something of that all the money in the world, but of all of kind. I am not sure that you will be these the ambition of Prof. Arthur able to get into a class now, but be sure Kemp is one of the most unusual. to go there as soon as you can to see

A FRENCH SPORT SUIT



It is a leather coat and hat, quitted with machine stitching. The skirt is in a small plaid, with side panels of the leather which reach just a triffe below the edge of the hem. With her woolen stockings, her heavy gloves and her fur-trimmed suit, the Parisian is ready for any kind of weather

THROUGH A WOMAN'S EYES

Sweeping Back the Ocean With a Broom

things that sometimes cause trouble be tween a married couple. But even if we could adjust every one of them, to not mean a truly happy, an ideal marriage. For the ideal marriage is not naturally unselfish where the other hande up of rules and regulations; is concerned. not hedged about by restrictions. The ideal marriage means fulfillment, not

Centuries ago Plato taught that men and women were halves, hemispheres, so to speak, of an original sphere. If the true bulyes met, the result was no ideal marriage, and unhappy marriages. mismating. were simply the result of

certainly right halves and wrong halves for all of us. If the right halves get together they will not need sordid, petty ules and regulations. Some conces sions, some sacrifices they will have to love, in life, make, to be sure; some disagreements of such is the ideal marriage.

And so in everything else; mutual understanding, mutual trust, mutual freedom but fulfil'ment in all things for each only in the other. The right halves means the right

kind of love-love that makes unneces sary sordid demands, that makes each

An ounce of prevention may avoid tons of regret. And marrying for po'icy, marrying to get any particular thing is not likely, except by a lucky accident, to produce two halves that wil' "match well" all around. A girl who marries to get out of working, a man who marries for a home or a helper in business, a woman who marries for the wrong halves getting tegether. For every woman, he said, there was the one man, and for every man the one woman.

Whether or not this is true, there are warried the little flaws.

when the right haves marry they marry for fulfillment in all things—in companionship, in work, in play, in

THE WOMAN'S EXCHANGE

Human ambitions run in strange is \$1. It is necessary to take something

these the ambition of Prof. Arthur Kemp is one of the most unusual.

The "professor" wants to hold the title of "world's champion long-distance piano player." and, despite the fact that there are few pecuniary rewards attached to the distinction, he is going that would stagger a professional athlete.

At Croydon, near London, where Kemp is practicing, the professor plays at a stretch "just to condition myseif," as he puts it. Moreover, all his practicing is done with his forearms tightly bandaged to keep the surplus blood from running down into his fingers, and the levs of the piano are continually grayed with menthylated spirits to keep the player's finger-tips from cracking. At regular intervals his face is bathed with cologne water, and while playing Kemp is surrounded by little dolls.

At regular intervals his face is bathed with cologne water, and while playing Kemp is surrounded by little dollar flowers and teddy-bear mascots to distract his mind and prevented a nervous breakdown.

When he feels that he is ready for the ordeal he will attempt to break the record now held by Gustavs Schroeder, of New York, who worked the keyboard for eighty-two consecutive hours, thus taking away Kemp's championship won at Toronto in 1917, when the 'Professor' played for sixty-gix hours,

Wednesday Playing the Decide Taxes of Decide with the cologness of the

Classes in Typing
To the Editor of Woman's Page:

Dear Madam—I would like very much to take up typing in the evening. I have heard that the West Philadelphia High School teaches in the evening for a very little amount of money. Would you kindly tell me if this is so and what nights they are and also what the charges are?

R. O'N.

There are classes on Monday, Tuesday and Wednesday at this high school. from 7:30 to 3:30. The registration fee is \$1. It is necessary to take something more than typing, as that takes only an hour and the other hour is taken up with stenography or something of that kind. I am not sure that you will be sure to go there as soon as you can to see the sure to go there as soon as you can to see the sure to go there as soon as you can to see the sure to take the sure to go there as soon as you can to see the sure to go there as soon as you can to see the sure to take the sure to go there as soon as you can to see the sure to go there as soon as you can to see the sure to the sure to go there as soon as you can to see the sure to the sure to go there as soon as you can to see the sure to the sure to go there as soon as you can to see the sure to the sure to go there as soon as you can to see the sure to the sure to go there as soon as you can to see the sure to the sure to go the sure to the sure to go there as soon as you can to see the sure to the sure to go the sure to go the sure to the sure to go the sure to the sure to go there as soon as you can to see the sure to the sure to the sure to the sure to go the sure to the sure t

Broadcloth has come into its own again. It is used even now and then for an evening dress—this with the authority of Callot. For afternoon dresses it appears quite frequently, and we have reverted to our former habit of trimming this fabric with lace, usually the dyed variety so much seen this year. The fact of it is that we're awfully carcless about lace nowadays. We allow it to go with anything and as a result you see it on various kinds of cloth models.

Pipings are an ornamentation frequently encountered nowadays, and although as a rule these occur in silk on a cloth frock, I gaw a fashionable woman the other day just reversing this custom. For her blue silk ffock was trimmed with pipings of black broadcloth. But then, apparently, the more you reverse the more modish you are Corinne Lowe.

HER FUR COAT WAS WARM SO SHE OPENED THE WINDOW

Without Stopping to Wonder Whether the Draft Would Bring Colds or Pneumonia to Others in the Car

TT WAS a celd day, cold enough for those who were their suits to envy the woman who walked through the trolley in a warm, roomy fur coat.

She went into the front part of the car and sat down next to a window.

She went into the front part of the car and sat down next to a window.

And then, without warning, apology or hesitation she turned about, opened the window halfway and let it stay that way.

The woman in front of her shivered and pulled her furs closer about her throat, while the child with her stared.

The people behind her glared in startled horror.

But she sat on, serenely comfortable in her fur coat, while the cold breeze entered and played about the car.

It was stuffy in there, that cannot be denied, but it is a question whether the stuffiness was more injurious than the teasing, cold draft which succeeded it.

AND, of course as soon as any one

the stuffiness was more injurious than the teasing, cold draft which succeeded it.

However, that did not concern the woman in the fur coat; she was hot, that's all, and she had to get cool.

It was too much trouble to remove or open the coat in the car, and it never occurred to her that the air which was so refreshing to her might bring cold or pneumonia, and was undoubtedly bringing a stiff neck to the child in the seat ahead of her.

She was comfortable; that was the end of the matter.

Of COURSE the best and the worst thing you can say about her is that she is just another part of troiley car

her.

AND, of course as soon as any one attempts to pass her, her hat is knocked crooked, her bundle is jostled almost out of her arm, and her disposition is very much ruffled.

"My goodness," abe exclaims out out knocking a body down?"

She thinks that no one else in the wole car is being crowded, certainly not as she is, at least.

She is like the woman in the fur coat; if it is going to affect her that way she ought not to ride.

I wonder if we shall ever have troitly cars without them?

Please Tell Me What to Do

to go home, should you say you are

glad to meet him? If a girl is unwary enough to allow herself to be placed or to stand under the mistletoe, she ought to be a good enough sport to take the kiss. No apology would be due from the boy. No, there's no reason why you both

should not like the boy.

Tell the boy it has been very nice to have met him and you hope you'll see him again.

Dear Cynthia—Your opinion and that of your readers would be very interesting to me, so I ask for the privilege of having it. It is the time-worn cry. I am in love with a girl who reciprocates my love and has promised to be my wife, but who refuses to accept a ring or be held by any of the usual conventional engagement ties in any way. She is studying for a profession and demands at least two years of absolute freedom, during which time she expects to continue with her other triendship in the same old relation, giving me the same free rein.

I care so much for her that it is nat-Wonders If He's Jealous

You do not state your age nor the age of the young girl. If you are both of age and you are able to be married soon it semes a pity for her not to be willing to acknowledge the engagement. But if you are under age she is wise to insist on waiting for two years. It's always better to be sure before marriage and of meet plenty of other men and girls. If this answer does not satisfy you, write me again, but state your age and the age of this girl with whom you have an understanding of future marriage.

Has a Rival

How many of you who eat lunch in town every day would be interested in knowing of a new tearoom, centrally umn for quite a good while and reading of some boys' and girls' questions, I am now coming to you for advice. My brother wrote to you once and he is getting along fine with your advice to him. Now, I met a young girl at a party one evening, and she took a fancy of me, but there is another young fellow who is also after her, and he ls very jealous of me. I know, because he spilled out a lot of lies about me and told the girl and she believed it, but I got this fellow face to face and made thim acknowledge all he said was without proof. I am not that kind of a boy. My idea of this is the best man wins, I offered to fight for the girl, but she said if we fight she would never speak to us again, I have taken her to all kinds of shows and treated her far better than he did, and, of course, that is what I get for it. I have had three girls and always got along fine until they moved from this city, but this sit the best of them all. I am almost twenty years of age, the girl is nine-teen, and the other fellow is my age, and. Cynthia, I am broken-hearted if they moved from this city, but this is mine-teen, and the other fellow is my age, and. Cynthia, I am broken-hearted if I don't win this girl I believe I would never bother with a girl again in my life; that is the way I feel, and Cynthia, maybe some of your will except all answers.

BROKEN-HEARTED.

You two boys fighting and elander ing each other will not find favor with this girl. If the girl likes you both, why not let it go at that? You are both entirely too young to be taking things on a get entirely too young to be taking things on a matter of fact—right to with a preliquely. Are you in a nogition to

You two boys fighting and slander ing each other will not find favor with this girl. If the girl likes you both, why not let it go at that? You are both entirely too young to be taking things so seriously. Are you in a position to marry? Have you asked the girl to marry you or is it just a wish to get

with a pretty design in tiny steel beads. This strap can be attached—buttoned, I believe as a matter of fact—right to the slipper. Originally these slippers were higher priced.

For names of shops address Weman's page Editor or phone Walnut or Main 3000.

Kissing Under Mistletoe

Dear Cynthia—Is it wrong for a boy to kiss you under the mistletoe? Do you think he should apologize?

My friend likes a boy who likes me. Do you think she should get mad at me? After meeting a boy and it comes time to go home, should you say you are olderly, is to ask her if she loves you and will marry you when you are older and can support her. If not and you feel you care too much to be simple friends, then stop going to see her.

She's Different Dear Cynthia-Just a few lines to Whitey."

From your various letters you must have been fooled many, many times by many, many girls. Like you, "Whitey," I have been out with lots of boys, perhaps too many for my own good, and I still have one to find that can be sincere and one who appreciates a real girl's friendship.

Tell the boy it has been very nice to have met him and you hope you'll see him again.

They Argue Too Much

Dear Cynthia—I have asked information of you several times, although I never saw my letters appear in your interesting column. Cynthia, will you help me in this problem:

I am a girl in my teens, and have been going with a young man, also in his teens, for nearly a year. We both care for each other, but whenever we meet we always argue. It seems to be a force of habit. We really care very much for each other and often resolve not to argue, but we do it just the same. Will you please tell me how we can avoid arguing?

M. A. C.

Your other letters have been answer it. Say, "Well you have your and young man starts an argument refuse to answer it. Say, "Well you have your opinion and I have mine, but I will not argue." And keep to it. Do not argue no matter how he aggravates you. Also, do not bring up discussions on subjects you know he will disagree upon.

Wonders if He's Jealous

Tou say girls are all aike, and at the same time when you happen to meet a like ame time when you happen to meet a sim cere and one who appreciates a real sirl's friendship.

You say girls are all aike, and at the same time when you tell her about the girls who run to cafes and dances every night in the week and get all the money out of a fellow that she wants. Then you like. If this nice girl likes you like, If this nice girl likes you lake the only kind of life you like, If this nice girl likes you and because you want hat first she will keep will like you like,

your troubles she will listen the pall she can.

I hope this will help "Whitey" to have more faith in girls, and he will not say that all girls are alike, because I am one who is different. I woud like to hear from the readers in the column on this subject. "BILLY."

idly around the department, looking at I care so much for her that it is natural under the circumstances that I should want her for myself alone and want the world to know it, instead of being laid aside, as it were, for further use.

use.

Have I any reason to doubt her sincerity or feel that I am being made a fool of, or am I merely unreasonably jealous and selfish? For the sake of my peace of mind I would like to know.

You do not state your age nor the age of the young sirily and the sake of the young sirily age nor the sake of the young sirily tracted to a table of bloomers. I picked one or two pairs of them up to examine them, and was interested to see that some are of financiette. They are as well made and trim as the silkiest of kinckers, but think how much more warm and snug they would be for cold days. Now here is an ideal of them up to examine them, and was interested to see that some are of financiette. They are as well made and trim as the silkiest of warm and snug they would be for cold days. Now here is an ideal of them, and was interested to see that some are of financiette. They are as well made and trim as the silkiest of warm and snug they would be for cold days. idea of woolen union suits or under-wear. They cost eighty-five and ninety-five cents a pair. Then, too, for the woman who likes to find the unusual in underwear, there are some cunning little knickers made of a lavender and white checked crepe that are just as

smart and pert as they can be. Their How many of you who eat lunch in town every day would be interested in knowing of a new tearoom, centrally located around Sixth street? I have

Fur Sale

Ferber.

under the supervision of a

practical furrier, Monsieur

Everything in our complete stock of high-grade Furs reduced in price. These prices are lower and furs of a better grade than those of stores, as they are made in our own shop

> 1316 Walnut St.



Too bad she lived before Bond Bread arrived!

With so many children

She'd know what to do,

Bond Bread, of course,

She'd feed them on

Wouldn't you?

ID all those children really belong to that nice old lady who lived in a shoe? No. In addition to her own ten children, she mothered almost every other child in the old town where she lived many hundred years ago.



HE must have had her hands full. The stove in the old shoe house was probably down at the heel. And it was hard for her to find time to bake.

What a pity that she did not live in the Bond Bread age—and what a blessing to the thousands of mothers of today-those busy mothers who are filling the world's greatest need by raising fine families on Bond Bread.

HINK how pleased they should be that they can buy Bond Breadso-named because a Bond is printed on each wrapper guaranteeing that each loaf contains only the purest "home" ingredients.

