EVENING PUBLIC LEDGER-PHILADELPHIA, THURSDAY, MARCH 3, 1921



SOLD BY GROCERS EVERYWHERE

Made by Postum Cereal Company, Inc., Battle Creek, Michigan.

The Winners of Mitchell's Last Limerick were: First: Mrs. M. R. Wingert, 1048 N. 2d St. Second: Mrs. Isabelle Hutchinson, Glenside, Pa.

tines are the workers, and if one or the other becomes a slacker, then the whole Dates Stuffed with Nuts plant is thrown out of balance. Food must be thoroughly chewed and not bolted or swallowed in lumps or chunks, and if the teeth are unable to do their work properly then this throws Celery Cl Rye Bread an extra strain upon the digestive tract. The mouth secretes a juice-the saliva Orange directly on the starchy foods: in fact, this juice or saliva partly digests the starchy foods, so that the food that lacks sufficient mastication is only partly Cheese and Nut Sandwiches Cup Custard digested. This in turn causes the food to decompose in the intestines, which forms gasses and causes indigestion. The busy sedentary indoor worker should carefully follow rules if he wishes. **Ratsin Sandwiches** Celery and Onion Salad Banana o overcome intestinal disturbances. 1. Drink plenty of water-a glass an Lettuce and Olive Sandwiches 2. Eat slowly and chew the food Nuts and Raisins Milk

3. Be sure that the teeth are in good condition. Those who can only chew foods on one side of the mouth do not properly masticate their food; decaying and broken teeth will overload the body 4. Meat or its equivalent once a day

-that is all that is needed for the in- paper. door worker. 5. Milk and green vegetables will pay

a. Milk and green vegetables will pay immense dividends in health.
b. Simple foods, with both stewed and raw fruits, salads, dishes made of muts, cheese, milk and dried vegetables. will break the monotony Avoid foods you know disagree

By MRS, M. A. WILSON

THE digestive tract is just like a

- manufacturing plant or a factory. The mouth, teeth, stomach and intes-

12

hour

is not too much

with you, no matter how much you like the mixture, and then dust with paprika them: many have lost their lives by and cut in inch pieces. Paper cups are attacks of acute indigestion, which can be traced to this cause of indulgence in foods that did not agree with them. For the cheese and nut sandwiches put

this reason-eat lightly at the noon whole wheat bread and cut in triangu-The lack of sufficient exercise during are easy to handle.

the winter causes early spring lassi-tude, headaches and other intestinal

tude, headaches and other intestinat disturbances. This feeling of weariness arises from the above conditions, as also do insomnia and that fatigued feeling that you have upon arising in the morning, although you have ap-parently slept the better part of the use the better part of the tuce and mayonnaise and pack in paper curs. Lettuce and olive sandwiches are

Persons who are below par physically made from : neually spend a surprising sum of money for tonics and health builders. yet they can find in mother nature's early spring offering of salads, vegeearly spring offering of salads, vege-tables and fruit the real elixir of life. Use between either whole wheat, white Get the lunch habit of a glass of sweet or rye bread and butter. er butter milk and some uncooked And then I can hear some one say greens or salads daily and feel life's that the scallions will perfume the office invigorating blood stream course all day long; but not if you drink the invigorating blood stream course all day long; but not if you drink the through your veins. Away with spring milk last and then use a piece of chew-

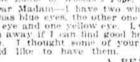
fever and its kindred ills! ling g Can you remember the nauseating odor. doses that those kindly souls of yester-year, our grandmothers, used to give us

-such things as sulphur and molasses for a spring tonic? They recognized the fact that over-rich winter diet caused

fact that over-rich winter diet caused the blood stream to become sluggish and alow, and hence the purifying dose. Today we can furnish the system molasses, by adding to our diet the molasses, by adding to our diet the succulent green spring onion, the scal-llons and the regular onion of our markets. With the satisfaction that we get from the eating of the scallions and onlons, the sulphur is given to us in a form that is more easily as.

 Some Spring Lunchcons
 To Mrs. A. M.:
 Two pussies offered at once! Surely this is luck for those of you who have

 This is a particularly fine time to begin carrying your lunch, if you have
 To Mrs. A. M.:
 Two pussies offered at once! Surely this is luck for those of you who have



Starting to Save

inted? 2. What material is used to make a laundry bag that is strong and not easi

I. To what responsible railroad po-sition has Mrs. Elizabeth Hull, of Bellefonte, Pa., been ap-

"There are sparrows in the caves and frogs in the bogs. Feed me more! Feed me more!" hooted Great Horned Owl, as Judge Owl searched around for mouse "I can't feed you more, for I have to

attend to my work as watcoman Birdland," replied Judge Owl.

BUT

## "FIFTY-FIFTY"

## By HAZEL DEVO BATCHELOR

Copyright. 1321. by Public Ledger Co. The marriage of Jerry Page and Frances Carter began on a Aftu-Afty basis. Frances paying half the bills. They had been married a few months where de Harlowse, and because Jerry and Jim were friends Frances. Mad to make up for it in other ways, o that she was very charming to Jerry, who seemed to like it. They had been married a few months where with the Harlowse rather than alone. To a Saturday morning Frances much as she had very few brains she had to make up for it in other ways, o that she was very charming to Jerry, who seemed to like it. This state was the like it. This state was the basis of the second to go for a long to the full the full the state some of his "penny food" with it, and feed it regularly. Every on that she was very charming to Jerry, who seemed to like it. This state was the like it. This state some of his "penny food" with the state some of his "penny food" with the full the full the full. This state some of his "penny food" with the full the state some of his "penny food" with the full the full the full the full the full. This state some of his "penny food" with the full the full

## CHAPTEB XVI

The Progressing Friendship

ALMOST before she knew it a little A LMOST before she knew it a little platonic feeling had sprung up be-tween Frances and Jerry. Now no woman, shove all a woman who is little more than a bride, likes to think that her hushand looks upon her platonically. And to make it worse, Jerry was not at all platonic with Clarissa Harlowe. Both he and Jim treated her like some rare plece of porcelain whenever the four went out together and these little ex-cursions were becoming rather frequent. They went to the theatre together and

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M Avoid Imitations & Substitutes

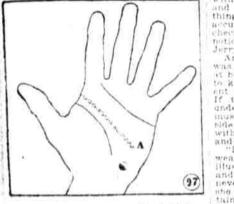
Safe

Milk

For Infance

& Invalida NO COOKING

Malted Milk



Shallow and Chained Head Line A. The first part, showing the shallow formation, indicates a slug-gish, temporizing mind. The second, chained, haif, indicates a wholly unreliable mind, lacking in memory sud very unstable.

XCVH

 XYTH

 When the head line is not vigoroug

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 is ability to exert the mind at a

 without incurring headachea or other

 without incurring headachea

 without a chained head line you may feed

 with a chained head line you may feed shallow 11 Tomorrow-A startling change in an old

bound to cause him suffering. Fountains. Ask for HORLICK'S.

(To be Continued)

to the Editor of Woman's Page: Dear Madam-Kindly give a novel and neresting method to induce a small hild to save. MRS J. M. F. hild to save. child to save. Alter J. A. F. It is always nicest to have an attrac-tive holder for the money. A small metal dog or cat or elephant would ap-peal to the child. And then, you see, the animal will have to be fed. Of course,



3. If a black net evening dress has become worn, in what attractive way can the foundation of black satin be used? Describe a quaint little marma-lade jar that would make a nice

wedding present. What is the most sensible bib for

the baby? By what convenient device can the ironing board be disposed of. so that it will not take up so much room?

Yesterday's Answers

When the brass handles on a bureau are ugly and disfiguring, black cords make a good substitute for them. A striking sort of pillow that

would look well against the back-ground of a dark chair is long, and made of copper-colored linen, trimmed with two bands of Japanese embroidery. A quaint-looking collar follows

the prevailing mode by being all gray, even to the narrow lace on the edge, which has been dyed to match

By applying several coats of varnish to them, the soles of shoes can be prevented from wearing out so quickly, and, at the same time, be made waterproof. A pretty and inexpensive lunch-

con cloth for informal use is square, and fashioned out of Indian-head muslin, with a wide border of plaid gingham in soft tones, which is finished with a close buttonhole stitch around the

edge, At the present time, arranging the hair high on the head, with a soft line about the face, is the style which is considered smartest.



hanging around Birdland." "Hoo! Hoo! So say you!" hooted Great Horned Owl impolitely. "I see you are not a very good host, and you want to save all the fat birds to eat yourself. But you can't get rid of me that easily, my dear cousin. I'm going to pay you a long visit, and I'm going to share your feast of birds and frogs every night." "I don't eat birds and frogs." replied Judge Owl. "I sm their friend. I like them."

"Hoo! Hoo! I like them, too, but I ke them to eat!" hooted Great Horned

Owl. "You can't eat my birds and frogs," declared Judge Owl. "I am watchman here." "Hoo! Hoo! I'm bigger than you I'll beat you and take your job of watchman, and eat all of the birds I want, and then what will you do? Hoo

Hoo "" That threat made Balky Sam enort in anger, and Great Horned Owl, who had been so busy gobbling mice that he hadn't noticed the mule and Peggy and

hadn't holiced the mule and Peggy and Billy, now looked up, "Hoo! Hoo! Who have we here? Why, as I live it is Billy brave and Peggy dear. Now I'll have revenge for being brought from the South against my will. Hoo! Hoo!"

Do you think Great Horned Ow! will get revenge on Peggy and Blily? Or do you think he will be stopped? Who will stop him, and how?



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