**SEPTEMBER 15, 1921** EVENING PUBLIC LEDGER-PHILADELPHIA, THURSDAY,

### Mrs. Wilson's Advice on Child's Diet Will Be Received Eagerly by Mothers

#### Various Ages Are Considered, and Each Meal Is Planned So That the Proper Amount of Nourishment Is Given

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DURING the fresh fruit and vegetable season, the youngsters usually make tremendous strides in physical itness and now that they have returned to school, the mother can, by careful planning, still keen these youngsters in the pink of condition.

variety of the season's harvest Pian work, then just carry out the menu sug-to utilize these vitalizing foods while gested. they can be purchased. I believe in the Old World custom of

I believe in the Old World custom of siving the children their meals just be-fore the family has theirs. In many communities in New England today the custom of children coming to the sec-ord table is still part of the base second table is still part of the household regime

Pickles, spices or highly seasoned foods, seafoods, smoked meats, salt chili and their ilk, have no place in the child's menu. Plan simple food nicely cooked and seasoned and then the chil-dren will be physically fit when the cooked and seasoned and then the chil-dren will be physically fit when the stormy winter days make it necessary to keep them indoors a good portion of the day. A green salad and a cookie, a piece of sponge cake and a glass of milk. Serve small portions so that the child may cat all that is on his plate. Whole wheat bread is nearly a perfect food and contains the strengl all rest.

rears of aget

As suggestive menu for the family of hree children about two, six and ten means of age: Truth-About three tablespoons for mail child and large succerful for the Mest. Baked apples, stewed prunes, pple sance, orange, stewed raisins and the child's diet. All natural children creve conder to All natural children creve conder to the child's diet. Frate-About three tablespoons for mail child and large succesful for the eldest. Baked apples, stewed prunes, apple sance, orange, stewed raisins and figs for variety.

Cereal-Three tablespoons for small child and one cupful for two older chil-dren. Well-cooked ontmeal, cream of barley and cream of wheat, cracked

wheat, cereal, corn mush. One cup each of best grade of milk. Toast and cocoa for two other chil-

dren. Personally, I prefer to use a mixture of equal parts of cream and milk for the morning cereal. The fat in the cream retards or slows up the digestion of the breakfast and this prevents the child from feeling hungry in an hour

Children should have a recess about 30:30 in the morning and a bit to eat at this time. The mother who is safe. guarding her children will not give them pennics, or permit them to buy cheap sweets. Home-made sweets for children are both an economy in money and a safeguard to health. For this midmorning meal, let the children have raisin, jelly, peannt butter, prune or oconut sandwiches made from wholewheat bread, spread liberally with a good dairy butter; an apple or a bit of home-made candy.

#### For the Noon Meal

Soup-Celery, tomato, spinach, cabbage, cauliflower, turnip, carrot, rice, catmeal and potato purce will afford sight strips of nicely toasted whole-wheat bread.

spinach, endive or romaine. Serve very plain and not overseasoned dressing; use either French or cooked dressing. A bit of sweet food is usually de-manded by the children in the form of a dessert and the mother can readily un-derstand that this demand is a very plied in the form of easily digested starches and sugar, the child will suffer.

in the pink of condition. Children's diet should consist of large quantities of well-cooked vege-tables, whole-wheat bread, fruits and cereal, with an abundance of milk and sweet creamery butter. Meat or its equivalent should be used once daily— at least that is the demand of the growing youth, yet if mother will, she can make so many really attractive dishes than weat. Children will enjoy the nut and cereal mentless loaf, if it is nicely prepared. Each season has its own seasonable staples and the fall brings an abundanti variety of the season's harvest Plan

#### Evening Meal

Starchy foods-Macaroni, boiled rice, mashed, baked or plain boiled potatoes.

One green vegetable-Cabbage, cel-ry, spinach, stewed, baked or au Fry. gratin tomatoes, brussels sprouts, cauli-flower, beets, carrots, turnips, A green salad and a cookie, a piece

All natural children crave candy ; so, mother. I am going to give a few simple recipes. Put the candy away and por-tion it out daily.

All-Fruit Candy Remove the stones from one pound

f prunes and put through the food-hopper, using the finest knife, with One package of seedless raisins. One-half pound of sweet chocolate.

Form into balls the size of a large roll in sugar and then store in a box or fruit jar.

Try This Fudge-It Is Splendid

Place in a saucepan Two cups of sugar. One-half cup of cacoa. One-half cup of evaporated milk. Cook until it forms a soft ball in old water and then remove from the fire and add

One teaspoon of vanilla. Two-thirds cup of marshmallow chip.

Beat until creamy and then turn in an oblong pan, which has been well rubbed with salad oil. Spread out smoothly with a spatula which has been

dipped in boiling water. Cut into blocks. A cup of stoned prunes, cut in bits, or seeded raisins may be added. ation, writing a note of sympathy or tionship.



### By HAZEL DEYO BATCHELOR

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Theodora Caldicell has become en-gaged to Jimmy Bland and to her eurprise is not happy about it. She tells her employer, Richard Blakes-lee, that she is leaving to be married, and because he feels that she has no rights aside from his wishes, he kid-maps her and carries her of on Ms yeaht, bound for a business trip in South America. Theo at first re-fuses to work and then a storm at sea brings her into more personal relabrings her into more personal rela-tions with Richard Blakeslee, who, for the first time, sees her as a woman instead of an office machine. Theo feels that a business relation ship must be re-established, and de--ides to give in to him, but a broken propeller carries the yacht out of its course and changes the plans of the

hair, or of the touch of her bare arms, or of what she would say and do if she loved him. All of this was quite beside the subject of marriage as he had planned it for himself, and yet he had planned it for himself, and yet he had come to the point where he could no longer hide from himself the fact that he was thinking these thoughts. Standing there at the railing, he wondered what she would say if he asked her to marry him. If he, the great Richard Blakeslee, should ask the girl who had worked for four years in his office an extent a secretary to be in his office as private secretary to be his wife!

his wife! From a salary of forty dollars a week to unlimited means! It would dazzle her, and the other man, some insignificant clerk, who could never give her anything, would be forgotten en-

### CHAPTER XXII

At that moment Richard Blakeslee had a vision of Theo's scornful green

decent. If she doesn't use paint or pow-

Wants to Meet Other Boys Dear Cynthia—I am a girl in my teens and I am considered nice looking and nice in other ways. I have never written to you before, but since you give such fine advice I'll try it and see how it works. What I would like to have is some nice boy friends, and where could I meet them? I can dance, but it is not very often that I go to a dance, for the boys just seem to flirt and what you call try to make a foel out of you

you call try to make a fool out of you, and we just simply pass out of their minds. Now, Cynthia, where could I find some nice friends? And what could I do to have them? I really wear pretty clothes. Is it proper if some familiar friends says "Hello," to then start a conversation?

I hope I will get pleasing results.

Children's

MAYBELLE F.

She would jump at the chance to be bis wife and mistress of all his worldly possessions, and his pulses leaped strangely at the thought of conquering he felt toward this girl who had come into his life in such an amazing manhe felt toward this girl who had come into his life in such an amazing man-ner. Women had always been espe-cially created for a man's lighter mo-cially created for a man's lighter mo-cially created for a man's lighter mo-sessed with business he had not been ob-sessed with business he had no been ob-sessed with business he had silken stuffs. The women of his own class were ex-pensive luxuries, and demanded a great deal, but the women in Theodora's class he had never given a thought to. Now he realized for the first time that she was a woman. She had worked in his office for four years, a steady, efficient machine. There must be other women like her, for this was the age of woman's development, and yet to him she stood alone, she was unique; he was giving her more of his thoughts than he had ever devoted to a woman in all his life. Richard Bizkeslee had intended to marry some day. He would never be dis-

ne large following. Disregarding the and be generally charming. It would not even know her first name. Of ing her throat in scarfa, the average course, at one time he must have known like that, but it would never be dis-turbing. Theodora Caldwell disturbed him. This Caldwell. Until this minute he was as She made him think disturbing curious about it as an eager boy. Thoughts. Certainly, he had never be-fore thought intently of a woman's (Tomorrow: A Long Afternoon.) in gher throat in scarfa, the average American woman prefers her boat-baped neckline without any softening influence. And, although a few high collars appeared this summer, the mode has never really taken with the mass of women.

#### Please Tell Me What to Do By CYNTHIA

#### Warns "Tennessean"

Dear Cynthia-All I can say to "A Tennessean" is, never, never gamble or Tennessean" is, never, never gamble or you'll lose every time. Heavens, does he think I've got a private secretary? KENSINGTON.

Adventures With a Purse NOOD-LOOKING writing paper is G something each and every one of us wauts, but the really nice kind is al-ways so frightfully expensive that I personally can find many other uses for the money. When answering an invi-selves and your families, but third cou-sina seem to be a pretty distant rela-

**Ruffed Dance Frock** With Tulle Overslip

By CORINNE LOWE

The Boys Made Distances Short, But They Wouldn't Ever Walk Them

> Cars Make a Day's Journey Last a Few Hours, but They Make a Walk of a Few Miles Too Long to Take on Foot

> THE September sun was so hot when the family went up to the country for a little vacation that father pro-

posed a swim one afternoon. The boys agreed enthusiastically, just what they had been thinking of them-will be entirely unknown if we go on

selves. Father began thinking over all the haunts of his youth to which he might take his boys and show them how they used to swim in his time. "I wish we could get over the river," he said regretfully. "But it takes too long. We'd have to start in the morn-ing and take a lunch to go over there." The boys laughed. "Why, it only takes about a little "We'll, "remarked mother calmly, having learned at that early age to progress under her ewn power. "Well, are we going to walk all the

over an hour to get there in a car, dad," they told him. "Let's go. We can get back in time for dinner." And so they went. It didn't seem possible to father, as he sat there and was pulled rapidly over the familiar route, that he was really taking this terrific journey, which used to be the affair of a week, to be planned and discussed and talked over for days.

for days.

WHY, they used to get up even earlier than usual and have W earlier than usual, and hang around while their lunch was put up for them, then start off, sometimes on foot, sometimes, if they were lucky, on bieveles or in a wagon. It took them almost all morning to

set there, or so it seemed, and often, after a long swim. they would come wandering back after dusk to find the family all through supper.

there he was going over it all in less den two hours, taking his swim, The high collar is the nec(k)-roloading about a bit in the coolness that a swim always brings, keeping that cool-ness all the way home in the car, and mancer changing middle age to youth. In spite of this fact, the magician has ness all the way home in the car, and arriving in time to tell it all before

getting cool, giggling and drowning one nuother with impartiality and fervor. And then when they were dressed and started homeward again, father swung out into the same road. "Oh, no!" exclaimed the boys, modes include suits, notably the famous another with impartiality and fervor. And then when they were dressed and paletot styles of Lanvin, which are frequently finished with high collar. Here we are presenting a dance out into the same road. Here we are presenting a dance frock with the oversilp of black tulls veiling, the silver tissue of the frock continued into a plaited ruche held in place by a narrow band of black velvet turned loose in the back. From the twisted girdle seen so frequently this fall depend sprays of rose and silver flowers

Whichever you choose it will be the BEST you ever tasted. MIXED TEA GREEN TEA BLACK TEA

ne large following. Disregarding the famous example of Barah Bernhardt, who for many decades has been swath-ing her throat in scarfa, the average American woman prefers her boat-shaped neckline without any softening influence. And, although a few high collars appeared this summer, the mode has never really taken with the mass of women. This fall? Who shall say? All that we know is that quite a number of the early autumn modes are graced with high collrs—aye, even ruffs. These



Old Masters by Central News Photo. She wears white oxfords with it now, but later on she'll change to tan ones, for it is a costume that can be worn just as well under the The comfortable fashion of plaits in the trim skirt is made smart by having the striped

They Are third cousing Dear Cynthia—I have been going with a girl over a year and have been thinking scriously of marrying, but her parents have had me stop coming to her house to see her because we are related. She and I are third cousins, and I would like to know if you think there would be any harm in our getting married? ANXIOUS.

design of the material go across instead of up and down. like that in the waist of pussywillow taffeta.

decent. If she doesn't use paint or poin-der you say she is homely looking. What do you care anyhow? You fel-lows have nothing on the girls. Who gives you the fifty cents to go to the dance? Oh, I guess you have a mother and father. They Are Third Cousins

dance? Oh, I guess you have a mother and father.
Have you got a job and a trade or do you tonly care for today and not think of tomorrow? If you happen to get married do you think you could keep a wifer than you fail own and you hang around a cigar store and make life girls of "Temptation's" type are wiser than you fellows with shiny hair. They are going to know the fellow before they marry him. If most of you fellows that hang around the dance halls were out in the usual kind that runs the sides dance halls. You would be glad to eat, not dance. I am only nineteen years old and I did my best to go through a school with the wages I was getting and succeeded, and every time I get into the port of Philadelphia and read some of the leiters you patenties. You pare you patenties hourds.
Wants to Meet Other Boys

Marriage between first cousins is for-

Bars of a darker thread emphasize the tiny stitchery around the brim

mmple variety, when served with finger with strips of nicely toasted whole-when served.
 Mrs. Wilson's Answers
 Mrs. E. P.
 Mrs. E. P.
 Mrs. Teach the child and serve without
 Mrs. E. P.
 Mrs. Teach the child the habit of eating a maid daily; it may be just plain let Mrs. Teach the child the habit of eating a maid daily; it may be just plain let Mrs. Teach the child the habit of eating a maid daily; it may be just plain let Mrs. Teach the child the habit of eating a maid daily; it may be just plain let Mrs. Wilson's Answers
 Mrs. E. P.
 Mrs. Teach the child the habit of eating a maid daily; it may be just plain le

## Through a Woman's Eyes

#### Echoes

Many years ago, in a picturesque lit- and father to eat from when you get tle village, a couple with two children and the husband's parents lived to-come to live with me I'll have them all tracted my attention. Different sizes, several styles, and each bag was priced at but \$10. gether in a small house. The grand- ready.

mother and grandfather lived in the at-tic, but they never complained, and all mother used to tell. And there's more got along very well together. Of course, truth than fable in it. the old couple never stayed downstairs It may not happen to be wooden

when there was company, but nobody scemed to notice that. In those days china plates were very parents when they are old. But you

expensive quite a luxury, in fact, and may be certain that the attitude toward this family had only four. So grand- their parents which they are shaping mother and grandfather ate from wood-en plates. and storing away is an exact reflection on the action of those parents toward

en plates. One day the mistress of the house went out into the yard and found her For many years I have known a went out into the yard and found her young son working diligently with his small tools, shaving off and shaping some pieces of wood. She asked him what he was doing. There there is and forty cents and the ished. The choicest honbor in the hor

The Question Corner

Today's Inquiries What is the latest innovation 1 dress among the women of China? In what dainty way are the most recent Colonial lady boudoir recent lamps dressed?

What was the "Colossus of

What was the Rhodes''? How are the winter's short fur capes to be made?

What is satin Canton?

Yesterday's Answers Miss Abigail Harding, sister of the President, has been elected principal of the first junior high school of Marion, O.

An imposing electric lamp is made on a tall standard in the shape of a lantern with a square glass shade around several white lhs which would light a hallway

brilliantly. A new type of brush is made short, fine and with bristles on all sides for the purpose of clean-ing a percolator without trouble. The "Bridge of Sighs" is a pas-sageway over which prisoners condemned to be executed pass from the Doge's Palace to the State Prison in Venice.

A black net petticoat for wear under a thin black dress is trimmed with several rows of lice blue velvet and edged with

a new gray felt hat is unex-

winter coat.

of her hat

ute I thought that at last I had one of the bags I had been wanting for so long. But, as I turned it over on the other side, I found that almost all the beads had been lost, and the bag was beyond repair. And I sighed and laid ny hopes away with it. But yesterday I was passing u store and saw a display of beaded bags in the window whith

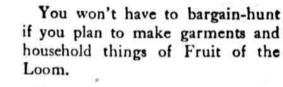
Suppose you change your attitude of mind toward the boys you do know. You'll find they won't try to make a fool

Dear Cynthia — That's the stuff. "Temptation." Give these vaseline-haired Johnnies the razz, then they won't come back at you. Say, you three boys, what do you want? If you see a girl all painted up you say she is not formally.

Wants to Meet Other Boys



## Make it of Muslin



It is easy to sew on, gives long service, and launders perfectly.

For over seventy years it has been the same high-quality muslin, always sold at a reasonable price.

# Fruit of the Loom Muslin

You will find the 36-inch width most economical for making aprons, pillow cases, pajamas, nightshirts, men's shirts, underskirts, rompers, and other articles.

There are a number of articles such as sheets, pajamas, nightshirts, men's and boys' shirts, that you can get all ready-made of Fruit of the Loom. And they are made by reliable manufacturers, whose workmanship you can depend on.

Ask for Fruit of the Loom by name and look for the label, both on the bolt and in ready-made articles. It means satisfaction

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what he was doing. "Oh, I'm making your wooden plates," said the boy. "My wooden plates?" "Yes, mother," while he continued to work. "The wooden plates for you The Ouestion Corner The Ouestion Corner For names of shops address Woman's Page Editor or phone Walnut 3000 or Main 1601

> And there without thought or question she is given first consideration and al-ways the "first fruits."

the woman whose children see her disregard her parents or treat them with bad grace. For the one track little minds, virgin as a forest glen in early spring, like it grasp everything and like it send back infallibly the echo.

Things You'll Love to Make



This INTERESTING BOUDOIR CAP is somewhat medieval in appearance. It is quite appivatingly made of creme do chine and Valenciennes lace. Cut a fifteen-inch square of the silk. From one corner measure in five inches on each side. Mark off with a curved line as shown, Do the same thing at the opposite corner. Cut along these lines. Wire the staight edges of the remaining pirce of silk. Bind all edges with a blas strip. Shir along the curved edges. This is in. TERESTING BOUDOIR CAP with a lace rossite at each side. FLORA. This INTERESTING BOUDOIR CAP

**Read Your Character** 

Children invariably come home from chool with the cry. "Mother, got any

school with the ery, "Mother, got any thing to eat?" Guests run in unex-pectedly in the afternoon, tea must be made, and then cakes and crackers are

now her daughter, soon to be a grandma Fine Eyebrows herself, lives with one of her children.

And it works out just the same with

9-13

of himself or herself. As a rule such people are neither rough ner rugged physically, and you'll only find them so mentally when the evidence of the cycbrow is flatly conof the eyebFow modifies the contradic-tory characteristics.

Culture and a keener sense of differentiation is a mark of people with fine eyebrows. As manual workers they're more likely to be cabinetmakers than structural carpenters. Where their work is mental it will be marked by keenness and accuracy rather than by sheer driv-ing power. In the boxing ring they have a shade of speed and scientific eleverness rather than mere slugging ability.

Tomorrow-Soft Flesh

By Digby Phillips There are two points by which you judge fine evebrows; the fineness of the hairs and the slenderness of the

eycbrows themselves. Among the ladies. It is whispered, there are those who assiduously simu-late the slenderness of shape by extracting the growth beyond the predetermined limits.

But while this may prove a desire to look well in the eyes of others, that's all it does prove. For the thickness of the hairs cannot be disguised from a Fine-haired and finely shaped eye-

brows denote a certain delicacy or sen-sitiveness in both men and women, which may be extreme enough to be la-beled a fault or not, according to the degree to which this indication is checked and balanced by others, and ecording to the person's understanding i himself or herself.

tradicted by several other characteris-tics. Even in this case the indication

not always on hand. The housekeeper who can find the time makes a goodly HICKORY supply of jams and jellies to meet just such and any other emergencies through-Garters out the winter. A bit of apple jells with roast lamb on a cold, snappy day But those who cannot find time to make them themselves will be interested in YOUR GUARANTEE OF QUALITY jains for fifty cents and fifty-five cents. This is certainly good strong elastic"

> "That's why I prefer Hickory Garters\_the quality of the elastic and webbing is uni-formly excellent because the makers use only thoroughly tested materials. Besides, these other four of the five famous Hickory features are important, too:

Saves stockings and darnings.

complete satisfaction or your money back."

Twenty-five cents and up depending upon style and size

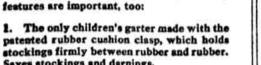
A. STEIN & COMPANY Mabers PARIS GARTERS

ICKORY

SIZE A R Ha 40 Hickory

Hickory Garters at your dealer: In Five Sizes

New York



2. Easily adjusted buckle.

3. Extra strong pin-cannot bead or break.

4. Guarantee with every pair assures your