Woman's Life and Love

woman.

Are Women Free?

is a wage-slave, who toils in mills

or mines, a prey to disease and unemployment, and long hours and starvation wages? The millions are free only to so labor, or starve to labor or starve to death — is that freedom?" we could

call that

WINIFRED the slave of a HARPER COOLEY to attend a theatre with another woman who lives in some other part of the city. daye. While men who are poor and dependent on others for their very if are compelled to labor under insunitary or brutal conditions, they in turn and Conventionality weights of the destines of their women. women to minister to men, in poverty and physical stress, so that they were findly. Superstitions and customs the doubly ensized, as it were. Besides the dependence on the small wages, by struggle to break the bonds.

In childhood, there is no real freedom.

Obedience is exacted, and no matter them of the most in child and its imperituence and lack a boy should sow his wild outs, should of restraint, of course, in the last be restless as a young celt, but a girl analysis. It is denoted no the sample of real and will of its purent.

The denoted half of the most interest of the night, and to be restless and to want amuse. A little, but have never been to a dance half. I spend my nights at home with any gymnasium apparatus because nature oldn't make me the way I want to be; not that I am a weaking, but I like to develop myself as much as I like but have never been to a dance half. I spend my nights at home with a box should onto the manuscation as I like to be made in the most.

The like to develop myself as much as I like to develop myself as much as I like to be into that I am a weak in the most.

The like to develop myself as much as I like to develop myself as much as I like to be into the most.

The like to the most as I like to be my nights at home with a like to be my nights at home with a like to be my nights at home with a like to be my nights at home with a like to be my nights at home with a like to be my nights at home with a like to be my nights at home with a like to be my

ALL THIS applies equally to boys of the trile sayings of small communities that they seek freedom in marriage. This leads us to query: "Is there any freedom in marriage?" This we will discuss next time.

Generally speaking, they are not free to go about as they wish of my capital. or about as they wish of an evening.

Of course, there are more and more your prolifers. She will be glad to take girls who are emancipating themselves them up and discuss them in this colfron the old-fashioned conventions.

CF COURSE, they are not; no ene They band together and attend dinners and the travel all over Europe in their vacations. Teachers and nurses and settlement workers go about alone at night, and travel about

as gene ally as their brothers.
Yet these are of the minority even et. It is amazing to hear a large num-er of mature women in cities confess that they are afraid to go out alone at night, or if not actually in fear, at least they assert that it does not "look" Incredible as this seems, there are middle-aged women who virtually never go anywhere after sundown. They manage to attend matinees, if not working by day, but they profess to be afraid even to go from the street-car to their home at night, in case they plan to attend a theatre with another woman They are prey to the old idea of

lords of the destinies of their women. Wymen down and fetters them as In the past, at least, it was the lot of surely as the bandages of a Chinese foot.

they were dependent on the man's bounty and caprice! If he were kind, they were lucky, but they were his elayes we there their lot chanced to be happy or not."

Past beliefs hold that women must be veiled and secluded. Thousands still meetly stay in and lead a drab life within earshot of womerful music and delightful lectures and entertainments. idelightful lectures and entertainments. because the superstitlen of the past said But now, today, in a less barbarous that it was not the thing for "ladies to gad about at "all hours of the night,

Two Minutes of Optimism

THE Chinese language is built up from 214 key-words. The next time you ent chop sucy or chow mein request the waiter to say

"chow" and tell you what it means. He won't pronounce it; he will sing it; and according to the tone and

pitch, it may mean book, tree, heat, relate, Northern Lights, accustomed, losing

Ask any expert linguist, and he will tell you that Chinese is extremely difficult to learn; and that for a comparatively uneducated man to master it is as near to an impossibility as we ever get in this age of the imponderability of science and the compotence of knowledge.

That is why it is a wonder story of the power of a man's will-and tireless devotion on the part of his wife that helped him on to his gonl--that comes to us from the far-away city of Scattle, where Hardin T. McClelland was a civil

service employe in the Park Department. Some years ago McClelland, whose education is almost entirely of the home-made variety, took unto himself a wife, and almost immediately thereafter began to feel the need and urge to make more money.

Business did not appeal to him; besides, he had no wampum, no training end nothing else with which to go in on his own. He looked about talked things over with his prize-bride and decided to them as gifts, perhaps you will be things over with his prize-bride and decided to them as gifts, perhaps you will be things; I have always through it a mathematical prize always through it as a mathematical prize always through it as a mathematical prize always through it as mathematical prize always thr

-learn John Chinaman's language and become his translator and interpreter. So McClelland got him a book on Chinese from the library-a book he had almost immediately to return before he got even a few peeps into it; also, he

couldn't afford to pay \$9 for a copy.

Whereupon Mrs. McClelland, whose middle name is "Grit." in between dusting, sweeping, cooking and the rest of her household round, annucled ever seen. Their price is \$1.95. minutes here and there to go to the library and copy the textbook with a pencil and pad. Hubby studied from her copy.

Today Hardin T. McClelland is making lots of money translating and interpreting Chinese, especially the classical, philosophical Chinese works, for h-brow magazines. Also, he enjoys the reputation of being a leading hority on the Chinese language.

There are those who will say it is the Chinese language that is bringing edging can be bought there for fifteen high-brow magazines. Also, he enjoys the reputation of being a leading authority on the Chinese language.

McClelland a comfortable living; others-and they are those who know-will tell you that the things which lifted him from his dark rut on to the sunny highway were his ambition, his determination, his imagination-and, of course, the inspiration and help of his wife.

Aspiration and help of his wife.

Aspiration, will-power and love—these are the great trinity that will sign, for, if I remember correctly, fifty furnish the motive energy for almost any destination you may select, no matter how distant the goal and no matter how rough the road.

The Woman's Exchange

To the Editor of Woman's Page:

Dear Madarn—I am troubled with granulated eyelids, to cure which I have been wearing glasses and bathing them frequently in boracle acid, but these remedies do not seem to do much orelids? E. M. R. II. If the boracle acid does not help you.

you had better consult a physician. This must come from an internal condition which could only be remedied by special treatment or medicine of some kind.

Lemon Juice is Not Harmful

arge department store.

Planting Hyacinth Bulbs Planting Hyacinth Bulbs
Dear Madam—Please tell me through
your helpful column how to plant the
paper-white narcissus and the hyacinth.

A READER.

The narcissus should be planted in a
rbowl full of pebbles, after the bulbs
have lain in darkness for a week or

Keep the bowl half filled with
Perser constantly and stand the bowl in
of the dow where it will get sun part of
nies, siny. The hyacinthe should be
Denis of the fall, just like tulip bulbs.
Denis of the leaves to protect them until

Must Be an internal Condition spring. The hyacinths are not very the Editor of Woman's Paus:

Dear Madam—I am troubled with cissus in pebbles indoors.

Only One Yellowstone Park

To the Editor of Women's Page:
Dear Madam—Will you please
me where Yel'owstone Park is? I to yoming? If so, where? And will you ndly give me the addresses of the following Constance Binney, Lila Lee, Jane and Cutherine Lee, Wallaco Retd, Forest Stanley, Mary McAlister Thomas Meighan, Wanda Hawley and Montague Love? No, there is only one Yellowstone Park; at least, only one famous one.

Lemon Julce is Not Harmful

To the Editor of Woman's Page:

Dear Madam—I am a faithful reader
of your wonderful coiumn and I would
be very much pleased if you could help
me in my problem. My skith is very
dark and I would like to know of a way
to whiten it without harming it. I have
usered the use of lemon will whiten it,
out some say it is harmful.

B. B. C. M
Lemon julce will not hurt your sk'n
to you do not use it too often, but you
is an set lottons that are made for the
surpose of whitening and bleaching the
kin and they are very good. The drug
tourse sell them, or you could get them
at the toilet articles department of a
sarge department store.

Montague Love?

HOPE

No, there is only one Yellowstone
Park; at least, only one famous one,
any motion-picture stars may he
reached through will be linglis. Wright
& Callender Building. Los Angeles.
Calif. Wanda Hawley, Wallace Reid
and Thomas Melghan at the Lasky
Studios, Hollywood, Calif. Address
of the Evisina President to get
the full details.

Rex Vanilla

think of Rex Vanilla Paddine se Puddine, as it has the added deliciousness of the caramel flavor. Choose from these: Rose Vanilla, Croum Vanilla, Res Chocolate, Lemon, Orange,

Almond or Spice. At All Grocers, 10c, 15c



To "Peggy S." Cynthia does not answer such ques-tions in the column. Why not ask the business school from which you gradu-ated what it cons ders a fair salary?

Embarrassed at Party

Dear Cynthia—I am seventeen years of sge. While at my first dance I found myself very often confused because I didn't know what to say when the following was said: "May I have this dance?" "Shall we dance?" "I thank you for the dance." At this same dance there were, as

usual, a few fellows who caused a great amount of gossip because of their danc-ing. I didn't care to dance with any of the fellows, but could find no excuse except that I was tired, and this they knew was not true because I danced the same dance with a friend. INEXPERIENCED.

Simply say, "Why, yes, thank you"
"I'd love to dance it" or "I enjoyed
too, very much."
If a bey who does not dance properly
its you to dance simply say, "I don't
ad the dancing now," or "I must rest
and the dancing now," or "I must rest a while." If he insists, simply say, "No."
What if they do know why you will
not dance with them? So much the better. Perhaps they'll mend their ways.

Girls Disappoint Him

Dear Cyntide.—I was much interested in reading "A Worderful Pal's" letter and I like to tell her that all the fellows are not the same.

I'm a fellow twenty-one you't smoke, drink or gamble. twenty-one years old

of restraint, of course, in the last be restless as a young cell, but a git analysis, it is demondent on the support end will of its purche.

When a gid reaches attacks the may have received enough effection of a practical nature, so that is its free to dress as the discrete of fashion makes her an a practical nature, so that she is free to dress as the discrete of fashion makes her an a practical nature, so that she is free to dress as the discrete of fashion makes her an a practical nature, so that she is free to dress as the discrete of fashion makes her an a practical nature, so that she is free to dress as the discrete of fashion makes her an a practical nature, so that she is free to dress as the discrete of fashion makes her an a practical nature, so that she is free to dress as the discrete of fashion makes her an a practical nature, so that is a five to dress as the discrete of fashion makes her an appropriate, she are natured as a practical nature, so that it is stiple, but unless she be an unasually taken and a coward. She tray distinct the "Frevailling color," or the season's style, but unless she be an unasually taken and to edit the savor of another's tubbern and enancipated person, the dependence. Poor old Daute, in the Middle Ages, speaks of having known the bitterness of obligation to others:

"How sait the savor of another's bread.

How bard to descend and climb another's triple and the savor of another's thread.

How bard to descend and climb another's triple and the savor of another's and for each of the savor of another's and fashion makes her an adverse of fashion makes her an above to sea in war honest girl. She was not as time to the same honest girl and the late to meet a late of the season's style, but unless she be an unasually the savor of another's tubbern and enancipated person, the savor of another's tubbern and examely constructed and the savor of another's tubbern and examely constructed and the savor of another's tubbern and examely constructed and the savor of another's tubber

AN EXPERIENCED PAL.

Adventures With a Purse

T DON'T know whether you will think light was different from anything I had me a little precipitate in talking ever seen. why just make a note of any Adventure smoke. All the women were smoking that interests you and see about it later and Lotta seemed surprised when I de-when you feel the Christmas urge. clined her offer of a cigarette. I glanced Anyhow, I shall tell you shout the at Julie narrowly, and was thankful camisoles that would make such lovely that she also refused. It isn't that I a sheer white material, edged either with a generous quantity of Irish lace or filet. They are run through with

cents a yard. Irish lace insertion of good quality, and I should say about an inch wide, can be had at seventy-tive and eighty cents the yard. And

Did you know that you can buy a soft polishing cloth for keeping your silver nice from day to day? It is chemically prepared, so that merely rubbing the silver with the cloth will rubbing the silver with the cloth will restore the natural brightness. Every once in a while you might want to go in for a general cleaning with polishing cream or soap, but for every-day purposes you will be delighted with the cloth. I have used one for many years on my bureau silver, and would years on my bureau silver, and would not know how to get along without it.

For names of shops address Weman's Page Editor or phone Wainut 3000 or Main 1601 between the hours of 9 and 5.

NAMES OF THE PROPERTY AND A SECURE SOLD PROPERTY Like Mother used to bake

Victor

At all our Stores





Just in case the weather ever does get cold enough to wear a heavy coat, it's just as well to be prepared with a

handsome thing like this. It is of marvella in a becoming s h a d e of soft brown, lined with p u ssywillow. will glance off this wrap, and the winds may rear as without making the wearer of it shiver. Spa-cious warm pockets are so convenient, especially for every-day wear or



"Should a Woman Tell?"

By HAZEL DEVO BATCHELOR

Copyright, 1921, by Public Ledger Company Hauthorne Emery, ofter battling at all studio affairs." she assured me, "but they're not real." "What did he talk about?" I asked with herself for several days, decides to marry Dane Merrill without telling him that she has once been in love with another man. She discovers that Dane is very narrow in his ideas about women, and that he is over his little butterfly sister, Julie Julie likes Hawthorne and confides to her one day that she has fullen in

CHAPTER IX A Studio Tea

reply to "A Wonderful Pal," which I hope to see in your column.

All men are not allke. Any young man who does not receive a good-night kies after asking for one has been accustomed to such and does not believe a girl a friend, therefore they do not care to make a date for fear of being disappointed, which is very disagreedable. It is the style nowadays with most young people to part in this most young people to part in this way as much as it is for ladies to wear short skirts.

A Studio Iea

I Then why do they live in such a place and on such a street?" I asked wonderingly.

Julie hooted at me "Oh, Hawthorne, that proves beyond a doubt that you have a middle class much. I had to be so careful at the time in the questions I asked and the remarks I made, and although I meant, of the atmosphere, because they're like that. They would despise the law and order of a place like yours."

I flushed, but did not reply. Why short skirts.

Two Minutes of Optimism
By HERMAN J. STICH

No. little pal, one must not stay at home and worry, go just the same. If the possible and watch for some one who is a quiet yours man who is very bright appearing, that is, bright eyes, rowish smile, but not a bold forward way. I believe in that sort of person you can find a pal.

These, by combination, form 27,000 different words, spoken in more than twenty different dialects, and with a bewildering number of meaningful the same. They have been ted to be led and not the spirit of everything like a true sport.

The Article pal, one must not stay at home and cautioned me not to be surprised at anything I saw.

"For heaven's sake, don't give them who is going to keep me busy look-time did a haid in conspicuous hat, and Julie as mall, inconspicuous hat, and Julie told me afterward that I entered into the spirit of everything like a true sport.

WHAT'S WHAT

The studio is on an old ous would-be movie stars who invade our dance halfs looking for their here. Washington Square. We climbed three our dance halfs looking for their here. ilights of stairs, and the door on the top landing was opened by a girl with short hair. She was dressed in a loose garment of Butik work and in . r slim fingers she held a cigarette.

She seemed very charming and natural and honestly glad to see Julie, and the studio itself with its enormous sky.

ter entirely up to the ind vidual, but Julie is too young, and as for myself, I am sure that Dane would be eternally shocked if I ever did such a thing.

Most of the people were interesting. Most of the people were interesting. Set there were two or three poscurs. A long-haired poet who rend a couple of some in free verse and talked a great iteal about freedom of soul rather dissisted me. He and Julie sat togethe on a couch, and he talked to her in an indertone. I was very uncomfortable intil when we left, Julie spoke rather rehemently about him.

"Of course, you meet people like that outer stalks of celery are served. People who are particular about to provide materials for noisy eating. So the outer celery stalks are stewed for soup or for a side dish with cream sauce, or, if reasonably crisp, may be chopped for saind. The tender stalks are kept in a cold place until dinner is ready, when they are placed in an oblong glass dish. It is not customary nowedays to put the celery into a tall glass holder half-filled with water. but there were two or three poseurs. A long-haired poet who rend a couple of And while we are on the subject of ingeric, if you are one who prefers to make her own underwear, you might be interested in another shop that has such good values in picet edges. venemently about him.

Julie flushed. "Just a lot of nonsense," she re-turned, evasively. "How did you like Lotta?"

"Why. I liked her." I said quickly,
"and I aked Miss Abbott, the artist.
I think some of her work is surpris
ingly good."

"She gets as high as \$300 for a cover." Julie hastened to say.

I was amazed, "Then why do they live in such

Yes, there are lots of young men who uid like a real pal. I know, who could like a real pal. I know, who could trusted; that is, one to whom they puld tell their truthles and who would say that I had a very delightful time.

Yesterday I went down to Lotta does Julie understand so well their attitude toward life? Is she an unconscious Bohemian at heart, and if she is, what will Dane and her mother say

By HELEN DECIE



Only the tender hearts of colery should be served whole. These inner sprouts are taken by the leafy end, as in the illus-tration, dipped in sait, and eaten from the hand without any crunching nelse such as is produced when the tougher outer stalks of celery are served.

Your state of health largely depends upon the food you eat

No one who is physically ailing in any way can afford to take chances with the food he eats. For upon the selection of your food, and upon its perfect digestion and assimilation largely depends your state of health.

The most important thing in connection with the digestibility of any cereal food is the way it is prepared and the length of time it is cooked or baked. Grape-Nuts, the rich cereal food made from

whole wheat flour and malted barley, is probably baked longer than any other cereal food. A large part of the starch of the wheat end

barley is changed into dextrin and grape-sugar in preparing Grape-Nuts. This is one reason why Grape-Nuts is so easily digested by even the most delicate people. Grape-Nuts is wheat and barley so processed

as to make it delicious and appetizing; even young children thrive on it and grow strong and rosy. Go to your grocer today and get a package

of Grape-Nuts. Eat it as a cereal with milk or cream, or make it into a delicious pudding. It will be enjoyed and relished by every member of the family.

Grape-Nuts - the Body Builder "There's a Reeson"

DREAMLAND ADVENTURES

Folks of the Woods By DADDY

Jack and Janet find the big woods lonely until sleep magic opens their eyes and cars so they see and hear the many creatures, small and large, that live in the forest. Toddie Pupkins promises to guide them to a city where he will show them more folks than they ever have seen.

Toddie Plays a Joke

TACK and Janet rode their ponics Trixle and Topsy, down the forest path after the dogs, Toddie Pupkins and Johnny Bull. They looked eagerly forward, hoping to catch a glimpse of the large city Toddie Pupkins had promised to show them. "I didn't know there was a large

"Bow-wow! Bow-wow!" laughed Toddie Pupkins in dog fashion. "There are many things in the woods that you don't know about." "Is the city far?" asked Jack. "You

city here in the woods," said Janet.

know father told us not to go into the deep woods." "The city is just over the next hill." barked Toddie Pupkins. "The path

you and guide you safely home." Toddle Pupkins trotted along with his Toddle Pupkins trotted along with his head and tail in the air. He was very his slow, half-scornful, half-questioning ject may be.

"How can there be a city so close without our knowing anything about it?" whispered Janet to Jack. Jack shook his head. He thought it very put something over?

"Huh!" the Scout was mystified. Did mouth-corners and daucing "Huh!" the Scout was mystified. Did mouth-corners and daucing speaker betraying it.

The Boy Scout didn't always respond to the boy in the older man because it shook his head. He thought it very strange there should be a city so near by. Why hadn't he and Janet ever seen it. And why hadn't their fathers taken them there?

STILL, it would be kind of heavy to came so suddenly.

STILL, it would be kind of heavy to have all those things—

"Now right here," the man was how lovely it was.

Toddie Pupkins trotted over the top of the hill and halted before a long mound.
"Bow-wow! Here we are!" he barked. Jack and Janet couldn't see

any sign of a city.

"Are you trying to fool us?" asked
Jack. "Is this a joke?"

"Bow-wow! Bow-wow!" laughed
Toddie Pupkins, while Johnny Bull grinned in his silent way. "Bow-wow!
Do you like a joke?"
"Of course we like a joke," answered

Jack. "Even when the joke is on you?" asked Toddle.
"We don't like that kind so well," admitted Jack.

"Well, if you like a joke, get off your ponies, and sit on this mound," barked Toddie Pupkins, while Johnny Bull's grin grew broader than before. Jack and Janet looked at the mound, ears are big or little (for the indica-tions of size are a different matter). flat-eared persons belong in the class of but they couldn't see anything so very strange about it. There surely could reticence.

e no harm in sitting upon it. So Jack and Janet got off their ponics and sat on the mound. Todd'e Pupkins and Johnny Bull sat in front of them and looked at them with twinkling eyes. Trixle and Topsy gazed at them over the dogs' heads. The children sat there for a minute, but

"Where is the joke?" asked Jack.
"How-wow! You soan will feel it,"
laughed Toddie Pupkins.
Jack and Janet glanced behind them.
Was some one going to give them a slap
or a push? But no one was behind

scream and slapped her leg. Then like an echo of her scream came a yell from Jack and he wildly slapped his back.
"Ants!" shouted Jack. "We are
sitting on an auts' nest."
"Bow-wow! Bow-wow!" laughed

Teddie Pupkins.

Then all of a sudden Janet gave s

Teddie Pupkins. "Woof! Woof! laughed Johnny Bull. "Hee! Hee! laughed the ponies.
"That's the joke on you," barked Toddie Pupkins, frisking about with delight. "That is the city in the woods You have been sitting on it and didn't know it. Bow-wow!" But even as Toddie Pupkins laughed and frisked a ouzzled look came over his face. Johnny Pull growled in alarm. Something was happening to Jack and Janet—some-thing more than being bitten by ants

guarding the ant city.
(Tomorrow's chapter will tell what that something strange was, and how lack and Janet enter upon an exciting adventure in the ant city.)

Civil Service School

The Woman's Municipal League The Woman's Municipal League of Boston is to open a school for the purpose of training women to fill municipal and State positions. The school will aim to fit women to take a high place in the Civil Service eligible lists and to enter upon their work well equipped for service.



a pleasant way to take Iron

You no longer go to the druggist for your iron-tonic. for the best iron doesn't come in bottles, but in food.

This food-iron is easily absorbed and effective. It builds vitality in the blood. You need but a small bit of food-iron every day, yet this need is vital.

Raisins are rich in foodiron, and eating them is a pleasant way to take it. Eat them in some dish every

Raisins are the Iron-Food

ask for the SUN-MAID brand

They are most delicious

The Boy Scout Didn't Quite Understand

But When He Is Older He Will Learn How Lucky He Is to

Have Known Such a Whimsical, Boy-Like Person

Man Who Mixed Fun With Teaching

where ferryboats landed.

The man took in the view of the drab wharf, the muddy river where the more interested, more alert, or more boats churned up the mud, the little young than it enter.

tugs and rowboats that clustered about runs straight to it so there is no danger of your getting lost. Bow-wow! And even if you should get lost I would find right here?" he asked, suddenly, turnthe dock, and the calm river flowing ing to the surprised boy. Conversation with a person of this "Aw!" scoffed the boy, the corners kind never gets thresome, no matter

proud of having found Jack and Janet when they got lost after following Mr.

Hoppity Rabbit.

"How can there be a city so close "How can there be a city so close "The content of the content of the content of the city so close th

Read Your Character

By Digby Phillips

to take charge of things instinctively.

if they do talk a great deal you will be

They say girls can't keep secrets, but you'll find that the ones whose ears lie

lose to their heads can, particularly those secrets which concern themselves It follows that such people are tactful. They do not blurt things out. They

Tomorrow-The Pot-booked "b"

think before they talk.

THE train wound its way along beside starting in on his teaching again, I the river, following the crooked "Is where Hendrik Hudson and his course which made the trin longer but men—you know the story of Rip Van

And the man who sat with the voung boy and to'd him things, liked it.

Winkle?"

And the And the boy became absorbed in a He was giving the history of the place clever mingling of history and fiction

they were going through. Instructing that made all the real events stand out the boy with great care and exactness. in his mind like pictures.

And then a flotilla of little motor- But just as he was beg And then a flotil'a of 'ittle motorboats clustered about a boathouse came
into view.

"Quick!" exclaimed the man, pointing at them, "Which one of those
motorboats would you like to be?"
Serious, he was, asking an important
question.

Serious, he was, asking an important question.

The boy came up to the mark, examined the boats carefully and in about three seconds chose the best of the lot

"I'd like to be the sun shining on the water," he declared, lightly, provocatively as his companion hesitated.

"Why?" drawled the Boy Scout, The conversation veered around to wonder making his eyes big, his mouth

Boy Scout affairs, and more helpful instruction was given the boy.

THEN the train pulled into a station

The conversation veered around to wonder having his cycs big, his moutant a puckered O.

"People would enjoy me—did you ever see this knife that I had overseas?

See, this is the one we opened tin cans with." The two heads bent in absorbed at-

tention over the relic, and neither was

young than the other.

Things You'll Love to Make



The HEMSTITCHED SMOCK is rather unusual in line and decoration They are not as a rule talkers, though Cut a kimono-shaped smock. Have !! open at the side. Cut the bottom and surprised, upon remembering a recent the siceves into points. Cut a two and conversation with them, to realize how one-half-inch wide str.p of the material one-half-inch wide str.p of the material into small scallops, two and one-half inches across their widest part. Face all edges of the smock with this scalloped band, turning the band under to the wrong side. Turn in a small edge around the scallops and baste them down. With a very large-eyed, coarse needle and colored thread hemstitch the scallops on the wrong side of the smock. A HEMSTITCHED SMOCK like this is very dainty for morning west. little they have really told you of their own thoughts and opinions.

You Are Specially Invited

To Taste Ancre Cheese at One of the Many Demonstrations in Grocery and Delicatessen Stores.

Get acquainted with the wonderful flavor

of this new food delicacy—Ancre Cheese. Cheese helps digestion. It is a good food, high in nutritive value. It is economical, and in many instances replaces meat in the dietary

balance of a meal. Dr. Wiley, the famous food expert says, "Its condimental value should be better understood among our people.'

Ancre Cheese with its genuine Rougefort flavor, its smooth, creamy consistency makes a still stronger appeal in its differently delicious taste that fascinates most everyone. even children's captious appetites.



captivating flavor makes the most delectable and unusual sandwiches. In salads, with fruit, jellies, and pastry, in various forms of appetizers, Ancre Cheese gives the housewife

-rich, pure and most wholesome-because of its

a new resource for varying her home menu Ancre Cheese is made from richest, purest whole milk with added cream, under the strictest sanitary conditions. Wrapped carefully in pure tin foil. it comes with all its flavorful

goodness intact to your table. Ask for it by name and buy a cake of Ancre Cheese today, from any good grocer's or delicatessen store.

> Endorsed by Alfred W. McCann, Pure Food Expert of The New York Globe

To The

Merchant

If you have no

free Ancre Cheese

demonstration in

your store ask your

cheese supply man

to arrange one for