

"Should a Woman Tell?"

By HAZEL DEVO BATCHELOR

Hawthorne Emery, after battling with herself for several days, decides to tell her mother about the girl...

CHAPTER X

A Terrifying Responsibility WELL, it is decided that Julie is to stay in New York this fall...

I don't know whether I have done right in telling her. Sometimes a prophetic attitude of mind, a sort of lull before the storm...

She looked at me with bright, dark eyes. "If I can," she said noncommittally.

Through a Woman's Eyes By JEAN NEWTON

Harmful Mother Love When the love of a mother for her child becomes an obsession that deprives an otherwise intelligent mother...

The Woman's Exchange To Make Lashes Longer Dear Madam—This is my first letter to your column and I hope you can answer my question...

Do Not Bleach Your Hair Dear Madam—Will you please tell me what I can bleach my hair with? It is a golden red and I wish to bleach it as quickly as possible...

From a Girl of Thirteen Dear Madam—I have read the Woman's Exchange and find it a great help. I am a girl of thirteen, five feet three inches...

Things You'll Love to Make Comic Scrap-Book. A gift that any small boy or girl, or even their elders, will enjoy is a comic scrapbook...

Yesterday's Answers 1. The position of the safety engineer who endeavours to prevent accidents and deals with the ones that do occur...

More Old English letters for you to copy on your new fine linen towels and napkins and tablecloths for the new linen chest...

Please Tell Me What to Do

By CYNTHIA

To "Omar" Try talking to a normal boy of sixteen, don't try to talk like Shakespeare, Milton, etc.

Would Meet Nice Girls Dear Cynthia—I am a young man twenty years of age, but am no millionaire.

Why Stifle Fine Emotions? Dear Cynthia—May I, too, avail myself of the privilege which you have extended to many others?

Tomorrow—A Difference in Opinion honest-to-goodness Greek type instead of an absurd would-be baby doll.

Un Homme ou Une Femme? Dear Cynthia—I have never written to your column before, but having read thousands of letters...

MONOGRAM LETTERS 1. What are Queen Mary's colors, and how do her majesty's colors and ladies-in-waiting display them?

2. How can midsize spots be removed from wash material? 3. In fitting up the house how can an old maid dress be used to good advantage?

4. Name two sisters both of whom achieved fame as writers in England in the last century. 5. Describe a small, square frock for the little lady of fourteen.

6. What dashing sort of adornment is given to a small, soft hat of black velvet?

1. The position of the safety engineer who endeavours to prevent accidents and deals with the ones that do occur in a large industrial plant is held by one...

2. A charming bag that can be carried on the street or used for more dressy occasions is made of a silken material...

3. The inside of a banana peel may be put to the extremely practical use of giving good color to a tan leather shoe...

4. George Sand is the masculine name which a famous French woman adopted when writing.

ARE ROSES YOUR FAVORITES?



The flowers for the different months are as follows: January, the snowdrop, which means consolation...

Mrs. Wilson Considers Food Variety a Necessity for Healthy Digestion

Various Proteins May Be Used Instead of Meats to Change the Same Old Diet—Cheese and Nuts Should Be Eaten Alone

By MRS. M. A. WILSON Copyright 1921, by Mrs. M. A. Wilson. All rights reserved.

So many of the real domestic problems would really appreciate the efforts of the housewife in their behalf.

Protein foods that are used are eggs, cheese, meats, fish and the dried legumes. Milk, while a protein food, is not included in the above list.

The fat and energy part of our diet can be easily cared for in those foods that have a large starch or carbohydrate value.

Vegetables have a medicinal value if properly prepared—namely, that of cleansing well. Place in a saucepan and cover with boiling water...

DREAMLAND ADVENTURES

Folks of the Woods By DADDY

Jack and Janet, after having their eyes and ears opened by sleep magic...

SOMETHING was happening to Jack and Janet. What it was they did not know.

And the things had a queer effect—they seemed to send poison into the blood of the children.

Even as Jack and Janet looked up at the bright stars, the dogs barked and the cats meowed.

These are new slaves which I have caught with my magic poison. Take them within and give them to the Ant Queen as a present from me.

And that ant city was a wonderful place. Had Jack and Janet not been worried by the old fox in which they found themselves...

Quite a few of our foods combine two or more elements, so that if they are served with succulent vegetables they form a balanced diet.

I have frequently heard people express an opinion upon the effect of cheese, and that nuts were indigestible.

One-half cup of finely chopped parsley or celery. One-half cup of finely shredded lettuce. Blend well and use for filling in sandwiches.

This menu would be much more suitable for the indoor worker at noon than a meal of meat, potatoes and dessert.

Vegetables have a medicinal value if properly prepared—namely, that of cleansing well.

100% FLAVOUR "SALADA" Is all fresh, flavory young leaves that yield generously in the teapot. Always reliable.

That Hat That Looks Well on One Girl Makes Another Look Like a Curiosity

There Is Always Something That Is Suitable for You and Entirely Wrong for Your Friend in Everything

"MY, I like that hat!" exclaimed a friend, admiringly. "It's awfully pretty."

It was nothing more or less than a simple black sailor. Its becomingness to the person who wore it was what really caused the remark.

One of the oddest things about the city was its quietness. The ants seemed dumb. And yet they were talking all the time—they were talking with their feet.

YOU really cannot prescribe for some one else unless you are an expert on what is good for different types.

Adventures With a Purse ONE shop is making a special price on a lovely thirteen-piece Madeira luncheon set.

A Health Center The health of the womanhood of any nation is an essential contributor to the welfare of that nation.

Thursdays is never a Jonah day when you're fresh from sleep on a Never Stretch mattress.

Why you can buy HEINZ 57 at new low prices. When war increased costs all along the line we made the "57 Varieties" for current needs only—the grocer's and yours. Now that costs are reduced we are able to put new prices into effect at once—no accumulation of high priced stocks to be sold first. Our patrons get the benefit immediately. Grocers everywhere are pleased to list the "57" in the economic spirit of the times. Nearly all grocers in Philadelphia are announcing the following prices on Heinz goods:

Table with 3 columns: Product, SMALL, MEDIUM, LARGE. Includes items like Oven Baked Beans, Peanut Butter, Tomato Ketchup, Cooked Spaghetti, Tomato Soup, Apple Butter, Prepared Mustard, and Vinegar.