SARAH D. LOWRIE'S SATURDAY EVENING TALK

How to Use Prayer as a Means of Gaining Peace and Hope and

WOMAN described to me a con- | this law of nature out long before this aultation that she had had with a and given the discovery to mankind in the form of a religious custom? questions, and that she turned her mind for him as best she could.

Throw away the thoughts. of your unpaid debts.

"Fourth. Throw near the re- of present of your plane for the fu- habit

put out the light repeat the 'Littlest'. 'O Lord, my heart is not haughty

Neither do I exercise myself in great

matters.
Or in things too wonderful for me.
Surely I have stilled and quieted my lake a child with his mother

My soul is within me like a weared My home is in Thee from this time forth and for everymore.

MY FRIEND said that when she read the thing she just laughed at dector and said: "Why, Dector, doctor and said: all that this is is just saying your pray-

time for praying. She remembered that as a girl she had sometimes fallen

whereupon the doctor had noided and said that there was something pacifring and relaxing and sentling ortdently in prayer from her own newcould, and he advised her to try it just because it was the end of the day and -la was tited and needed to relax her mind in order to sleep.

She asked him if he only believed in

prayer because it relaxed the mind.

That power would be sufficient to tonished and awed them.

The marvel of it is that it is possible for us as well as for Him to speak

with which you went to sleep, whether tain hour to make a train or that and

go off to sleep that could be devise it weathers that her prayers were being And why should not many a wise per. masyered.

ND that is not the only discovery A about prayer which has come down written the following prescription on his office pad and given it to her:

PRESCRIPTION

"Just before getting into hed at night stand quietly with closed eyes and imagine that you are before a superior of depression or hurt egotism."

right stand quietly with closed eyes and imagine that you are before an open fire discarding old cuvelopes by throwing them into the hot coals to be burned to white ashes.

"First. Throw away all your fears what you have done."

"I would discount to be hot coals to be burned to white ashes.

"First. Throw away all your fears are keenly religious persons by conviction, or just last conventional perviction."

"The same discount to the light to the same as the habit, teach children to say watch them prayer lets into dark recesses of the mind troops of better thoughts.

These are such perfectly well-known facts that most parents, whether they are keenly religious persons by contheir prayers and like to match them At their peavers and like to be peaved for by children in fact make as much

I VENTURE to say that nine persons ing when she pleased.

Out of ten in thinking of prayer the not think of it as a communication by words or by thoughts without words with tiod, but think of it as a request with the mothet and father, but shared an apartment with two other girls in the same revur. In other words, if you think of a prayer, do you mean a thought toward you think of an equest of God! And when you think of a thought from tool to a person, or do you think of a gift of God to a person?

We send a great many telegraphs with two other girls in the same revue, it wasn't necessary for any one to know the awful truth.

Datay was a good little thing. It wasn't that she was ashamed of her humble upbringing. She still went religiously to see the old folks, and she take the control of the same revue.

If it is possible to speak to God and known her in the old days. to be heard, and for tied to speak to bloude and dimpled. She was short

that war to God.

WHEN she told me of the occurrence she was still dissatisfied with his reply, but she had tried his prescription and was more than inclined to think there was something in it.

And, indeed, If it is true that you and thoughts. When she came to do.

And, indeed, If it is true that you and thoughts. When she came to do.

The plus with two of his conege clums whom he had run into at the club, and it had been Preston Steele who had suggested meeting three of the girls afterward, and going somewhere for a little of support.

The liousewife should firmly resolve that all needless cooking utensils should be stored in a place where dust can confident to Nick as they founded. thought she was a long time suffering, and those too confided to Nick as they founded be stored in a place where dust canshe has a solved her and watched suffered for in the lobby between the acts. No not settle on them. Especially to scourher and were powerless to help her and manufacture all utensils that want a thing that is being withheld from you, or that you are worded over a problem, or that some one you love has burt you then why would not a dismissal from the mind of all liver where the thought hereoff alone, the spoke to ginning a night's cert? And why would make the five mind of all liver where a good, restful, seathing thoughts be a night goest way of the ginning a night's cert? And why would more a good, restful, seathing thought he weeking for this reason, all her hought here are there and faith one agond, restful, seathing thoughts be an achild resting emerican, such may though the weeking for this reason, all her proposed way of the ginning at might's cert? And why would more a good, restful, seathing thought he was a strain. But at not a good, restful, seathing thought he was a strain of the more than none of the stage are willing to entertain until the stage of the chertain of the stage are willing to the chertain of the stage are willing to cept to follow her lead and say nothing of the approaching separation. Esti-

Paul and Virginia

By HELENA HOTT GRANT

As Old as the Hills

CROSSED sticks flickered warmly in of the thing. And we think how wonthe tiny fireplace.

Paul wriggled his feet luxuriously in
his house witpuers and
thing but the reds and
was conscious of the the golds and silver
Was conscious of the the golds and silver
Was conscious of the the golds and silver
Was conscious of the the golds and silver-

Paul pulled reflectively on his pape.

Jones justing all lands for one significant five or ten minutes, and then removes it all day, dear, be said seriously. The day We wouldn't see a bit of romance with a soft cloth. Women who use it boss seemed well pleased with what I is that passure the day after the circus find it most satisfactory. The price of boss seemed well pleased with what I is that passure the day after the circus accomplished, but he didn't seem to be is gone. Only the empty gaping sawmuch impressed when I spoke about dust rings, where everything unseed how fast and businesslike the time accomplished, but he big town. Said solutions woulderful and so beautiful yesterday.

He sighed.

Well, hency, New York's like that.

Well, hency, New York's like that.

Well, hency, New York's like that.

"But. Pauli dear satisfac a jar is fifty cents.

Bloomers or "per sey slik are mighty to the extreme coll heavier material are twenty scars, but that the old place go to New York's size in a wille and heaver material are sizely as a size in a will and accomplished. here seemed to dodder along pretty

town, I guess. We'd like to go to see things move. But somehow one feels so terribly out of it. Bill Tarr. see things move. But somehow one feels so terribly out of it. Bill Tare, down at the office, lived in New York for fifteen years, he mays nod in nil that time he never knew the first names of the other chaps who worked alongs side him. The Tares fixed in one anarther than the remaining of the children of the couple noviking in the couple upwaters.

But somehow one fresh little longue of warming, comforting finine.

Figure 1 and 1 to a fresh little longue of warming, comforting finine.

Figure 2 and 3 and 4 and 5 and

Il go, giving some old excuse or other, there, dear, and we are blinded and entranced.

immensity of his well- the pretty ladies in being. pink tights, and the Virginia sighed and futing clowns, and the snuggled closer in his strange and curious arms.
"Honey." she said Virginia parted his "Honey." she said Virginia parted his softle.

understood.

understood.

t-Why did you come Yet, underneath it bears so quickly— all we know mightly from New York—I well that the circus

for is just old Dearon forces

"I got to thinking it ever, hones, and I guess that New York is a disease."
"Paul," she excisined impatiently. "that sounds so sinug. And I know I'd love to go to New York at least once a year to see things move."

"Yes, dear, that a what New York is a disease."

"Yes, dear, that a what New York is an disease."

"And we can car posseon and drive and excited."

"And then?"

"Yes, dear, that a what New York warmer and more comfortable for days such as one or two we had last week. One slop has a few of these for \$4.50 in a sort of sand color.

"And then?"

"Yes, we all feet the nove."

the couple upstairs."

"That doesn't signify nowthing, to Land, "said the perfect wife honey," said Virginia, doubtfully, gravely, "there must always be some to run nway from the farm, and to cus," Paul chuckled. "I know that stay—else there d be no pretty ladies in when the circus comes to this town we pink tights nor funny clowns, would

Monday-Household Gods

The Woman's Exchange

Two Splendld Offers

To the Editor of Woman's Page. Madam I have a toy black-terrier which I would give to a mo. She is one and a half years Dear Madam-

through the column. We so seldon have offers of dogs that I know these will be greeted with for.

MRS. E. V.

This is sometime caused by poor digestion or teeth that are not cleaned hand fote of people the will want and fote of people the will want a first to write and and for the aderecase of the aderecase of the aderecase of the aderecase of the action of the other parts and even more serious loss to the morning and evening its antiseptic parts and even more serious loss to the morning and evening its antiseptic parts and even more serious absente. The remedy is easy and cortain. A large monthly calendar, hung where it can be seen every day, should have all important engagements at the party of the other parts and even more serious desays and cortain. A large monthly calendar, hung where it can be seen every day, should have all important engagements are put to write and and for the aderecase of the party of the other parts and even more serious desays and cortain. A large monthly calendar, hung where it can be seen every day, should have all important engagements are put to write and any other cause of the party of the other parts and even more serious desays and cortain. A large monthly calendar, hung where it can be seen every day, should have all important engagements are put to write and even more serious desays and cortain. A large monthly calendar, hung where it can be seen every day, should have all important engagements are put to write and cortain. A large monthly calendar, hung where it can be seen every day, should have all important engagements are put to write and cortain. A large monthly calendar, hung where it can be seen every day, should have all important engagements are put to write and cortain. A large monthly calendar, hung where it can be seen every day, should have all important engagements are put to write and cortain. A large monthly calendar, hung where it can be seen every day, should have all important engagements are put to write and cortain.

"The Marriage Gambler"

By HAZEL DEVO BATCHELOR

Carol Rathbourne retuses Nick Tracy twice because she does not love him. Nick tries to see her in order to convince her that their friendship need not be broken off, but Carol avoids him. One day Nick has tea with Mrs. Rathbourne, who, although she sympathizes with him, feels that it is better for him not to see Carol.

CHAPTER V Daisy Castleton

WHEN a man is unhappy about a woman be does one of two things. He is either strong enough to take up his life and go on with it as if noth-

around her, and the thought of not winning her some day had never occurred to him. When he realized that Carol had definitely refused him, that When he realized that she wanted nothing more to for by children in fact mass or clean life wanted to forget and he wanted babits.

babits.

But a great many men and women who are very strict with themselves about clean habits and about good table manners learned in childhood drop prayers as a habit of no importance, or as a remedy only to be tried when all other remedies fail.

something or some one to forget.

Intil the evening of the day Nick had had tea with Mrs. Rathbourne be had not known of the existence of Miss Daisy Castleton. He might never have met her if he had not felt desperately in need of light fun and merriment, and Daisy could make herself very charm-

or some specified thing by man to tool, with two other girls in the same revue,

He nodded and said: "And why the send a great many telegrams to the dark living room behind the store. She explained that she had not said information of our safe arrival or our stice at night for years, not because that at night, when you were tired, had never seemed to her the best time for praying. She remembered that time for praying. She remembered that as a girl she had sometimes follows, and as early time realises and the nituralness and the prophers of communicating to them our spicuous clothes into the neighborhood where she had been born and brought up. She liked the bold stares of the prophers of communicating to them our spicuous clothes into the neighborhood where she had been born and brought up. She liked the bold stares of the people who came into the bakery, and she cultivated what she considered rather a haughty and aloof manner. thoughts, and we call their replies whenever she met any one who had

us and be understood, why not clarify and purify our thoughts by speaking them to Him, and look ferward with futent engerness to His thoughts in return? And why isn't that prayer Truly it is prayer, and it is the kind Truly it is praiser, and it is the kind a chorus give a chorus give of prayer that astonished the men that was only when she went to visit her followed Christ to hear Him utter, as family that she allowed herself the luxury of the fresh, doughy coffee cake which she adored. which she adored.
Nick met Unity after the performance

The folly Revelers. He had gone to the play with two of his college TODAY, the last day of the declining gains in health and an ability to combat was humble and most loving claims whom he had run into at the Play with the various problems that the

non-ence about her either, but somehow and keep immaculate all utensils that these girls of the stage are willing to come in direct contact with foods.

Pression returned. And then us the one present to start t

Monday-The Other Woman

Adventures With a Purse

THERE is a face cream which comes THERE, is a face cream which comes that should be very soothing and idelightful in its effect. It is compounded largely of lemon, which has bleaching and whitening properties that are very beneficial for the skin that is taken of it. One applies this cream.

Pleamers or "nettibookers" of ieres silk are mighty afce to bare, but for the extreme cold these made of a heavier material are limitely more de-irable. You have seen them, of course. He stroked her hair and his eyes were at any control and the firms a not to large and entity and the large and entity and the large and entity and the large and entity and well are the large and entity and the large and entity are the large and entity and the large and entity are the large and entity are the large and entity and the large and entity are the large and entity and the large and entity are the large

By HELEN DECIE



An appropriate New Year resolution for busy or forgettol people is to respect to keep a written schedule of business and social engagements to cultivate what may be called the calendar-and-notable so many of your readers, I would like to know if you could hisser my question. I am very much troubled with a bad breath. Could you tell me the cause of such and how I could cure it?

ELIZABETH H. ELIZABETH H. This is sometime, caused by poor

WHEN THE NEW YEAR COMES IN Please Tell Me



Excellent New Year's Resolutions For Cooking Suggested by Mrs. Wilson There is a boy of fourteen who lives near us and is always asking me to go to a "movie" with him. Do you think he is too young? Oh, Cynthia, if you can halp me 1

Make Resolves Not to Use Cracked Dishes, and to Give Family will be eternally grateful. I think your column is wonderful and I read it each night. Good Home-Cooking With More Foods Prepared in Oven

By MRS. M. A. WILSON

Plan to use the oven more during the Mary A.

is really worth while.

Resolve that during the coming year you will gather the family close about the home hearthstone and teach son to make some easily made candy while daughter cooks and bakes to her heart's content, also teach daughter to make a nice cake, light biscuits and pastry.

The woman who has real ability and ready to do your part to carry them into effect and then day by day visualize their toesibilities, bringing them forth into your plan.

The coming year will bring to us great bicssings in peace and prosperity, so be ready to do your part to carry them into effect and then day by day visualize their toesibilities, bringing them forth into your plan.

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The woman who has real ability and the carry them into effect and then day by day visualize their toesibilities, bringing them forth into your plan.

content, also leach daughter to make a nice cake, light biscuits and pastry.

The woman who has real ability and can make a dainty biscuit and flaky pie should gather her neighbors together and give them a demonstration. This will make for better community spirit or neighborliness and helps toward making a better home life. Teach the small child personal clean-

liness of his bedy, hands and teeth, and to like and enjoy those foods that will help him grow to perfect manhood.

Changing climate and modern methods of business must surely mean that, unless we adapt ourselves to similar changes in diet, we will reap dividends illness and disease.
Plan the diet to suit modern busi-

> The Question Corner Today's Inquiries

If the girl who keeps a diary finds it impossible to write in it every night, how can she keep the events of such day fresh in her

2. When cleaning silver what precourtion should be taken by the woman who wears rubber gloves during her housework?

3. Instead of a bandeau or comb what striking head decoration is

worm by the fashiomable woman of Paris? 4. When and where was the first umbrella seen in the United States?

5. How is "spaghetti trimming" made? 6. What is a favorite material for this winter's evening gowns?

Yesterday's Inquiries 1. Mrs. Thomas G. Winter, who is

a member of the Advisory Board of the Disarmament Conference, is also president general of the Federation of Women's Clubs. 2. An unusual-looking mirror which is a rectangular oblong has a squar square clock face and hands at the top, giving it two important uses.

When using a decorated candy box that has been used before, give it a new look by pasting a fabric dress over the one on the painted

lady on the cover.

The first postage stamp was made in 1839 by James Chalmers. a printer of Dundee.

In making a rosette out of silk hold the loops together with sealing was instead of glue or attempt. . The newest walking skirts are made to appear narrow, although they are wide, by means of a large

HOW TO KISS

pinit folded over in front.

Copyright, 1921, by Mrs. M. A. Wilson. All necessity. So do not hesitate, but put successful person must meet. Some new features of this column

will be:
A weekly donestic science lesson.
Old Colonial Friday market basket. The daily jam pot. Kitchenette cooking for "we two." Modern dieteties from a dietist view-

ASCO Again we wish you a glorious happy, happy New Year. A year of real hap-

better each coming year. With good will toward all, comity to none, the Eventse Public Labour.

and Mury A. Wilson say: God bless Good-night-many happy, happy



1922 Your Resolution for the New Year should be to "Eat more 104 S. 13th St. 1504 Chestnut St.

149 S. Broad St.

Today-be sure to taste

Butter

Our Stores will be open tonight until 10

What to Do By CYNTHIA

The Girls Don't Like Them Dear Cynthia—We are two young girls, one eighteen and the other nineteen. We are beautiful and admired by the opposite sex. Our great problem is, why we are not popular among our own sex? We paint and powder, are jolly and dress in style. Although we paint and powder, we are handsome without it. We would like you and your readers to tell us if it is because of jealousy on their part we do not have any girl their part we do not have any girl friends.

STARRY EYES AND RUBY LIPS. Cynthia thinks perhaps it's because you both love yourselves a bit too much. How about it?

How Take it Back

Dear Cynthia—There is a certain girl have known by sight but to whom had never been introduced until one light at an evening company. Before and as you look back over your life, and a very good epinion of vever had had a very good epinion of the series, and expressed my feeling openly that set.

If there is something you are ashamed to that.

And in three days or more we have bought three five-cent bags of cardy, ridden on the trolley every single day made a mistake of five dollars, flaged in because mother objected to thin sill stockings on a call day and failed by years, you will never be able to overlook sit down. I have known by sign.

I had never been introduced until one light at an evening company. Before being introduced to this individual I never had had a very good opinion of her, and expressed my feeling openly to a certain person, for which I am now very sorry. How can I apologise to this girl and take back what I said to the second party?

SHATEFUL READER.

STATEFUL READER.

Go to the person to whom you spoke against this girl and retract what you said. Do not apologize to the girl herself unless you know she has been told of your remarks. If she has been told. self unless you know she has been told of your remarks. If she has been told, do not make a mountain out of the affair, just say that you did not know her, as if you had you could never have criticized her.

But because we expect it to happen all at once, because we think that making resolutions is literally turning over a new leaf and having a brand-newlife spreading out before us, we fall by the

Don't Mind Poor Home

Dear Cynthia.—I am a girl of fifteer and go to high school. We are poor and I do not have so many clothes as my friends seem to.

I have two or three girl friends to whose homes I occasionally go for an evening. But, Cynthia, I hate to invite anybody to our house, because we have only a very small parior, and no kind of music, I would dearly love to ask two or three girls to spend an evening, but I don't know how I could possibly entertain them. Making candy in the kitchen or such things, are out of the question.

I seem to get along with girls all

question.

I seem to get along with girls all right, but I don't know even one boy, nor do the girls I go with. Can you suggest some way by which I can make and get friends of the opposite sex? It seems that when I was ten cleven and twelve I was very popular with the boys in my classes, but all that I ever knew seem to have "gone." to have "gone." a boy of fourteen who lives

Do not mind having a small home and no music. Welcome your friends there and make the best of it. If your mother will let you go to the movies with the boy, why not; you are only children, anyhow. Plenty of time for boy friends later when you are older.

Things You'll Love to Make



a certain number of basing underly dead for the property of the was a situ, until dark girl, very fresh and young, but Nick was inwardly indused at her name.

'The last of one of our old Southern families,' be said in an undertone to preston, who grinned.

'You wait till you meet her.' be returned, "and that little blonde one on the end be the one you will probably have the pleasure of taking to supper this and put forth her best efforts, feeling the register. Her name is Daisy Castic-ton.'

The last of one of our old Southern families, be said in an undertone to will make more home made bread, his returned, "and that little blonde one on the end be the one you will probably have the pleasure of taking to supper this and put forth her best efforts, feeling that her one you will probably the supper this and put forth her best efforts, feeling that her one you will probably the supper this and put forth her best efforts, feeling that her one you will probably the supper this and put forth her best efforts, feeling that her one you will probably the pleasure of taking to supper this and put forth her best efforts, feeling that her one you will probably the pleasure of taking to supper this and put forth her best efforts, feeling that her one you will probably the pleasure of taking to supper this and put forth her best efforts, feeling that the same time.

The last of one of our old Southern families, the housewife the supper them to supper the supper them to supper the supper them to supper the supper the supper them to supper the supper the supper the supper the supper the supper them to supper the supper t

Set Resolutions Won't Make

It Takes a Year's Persevering Work to Do That, but, Fox tunately, We Can Separate the Good Years From the Bad

You can separate your life so. If one year is unhappy or unsuccessful you can approach the coming year with hope that it will be better. It's something new, like the begin-ning of the next chapter, and the past 365 days can be clipped together and

forgotten as you forget an unpleasant episode in a story.

If there is something you are ashamed

and my chrysanthemums were better

THE beginning of another year to be added to our lives!

Did you ever think what a blessing it is, this system of dividing time into each year to do better during the twel nonths to follow.

Next Year Better Than Last Year

Set resolutions are hard to followprobably because they are always rather foolish.

We resolve to eat less candy, or tale more exercise, or pay more attention to our work, or be nicer at home, or tone thoughtful outside, or something like

It's all because our minds and hable A whole year's worth of good ear

YOU have your life in small plots, as be done all on the 1st of January; it has to work itself out gradually.

But because we expect it to happen all at once, because we think that mak.

"My roses didn't do very well this ing resolutions is literally turning and the state of the state of January; it has to work itself out gradually.

But because we expect it to happen all at once, because we think that make.

cess, ambition, happiness that cannot

take for all it is worth this fresh chance.

this clean start, this new beginning the

Through a Woman's Eyes

Another Chance!

A second chance!

What magic to the misfit, the fail. be made to bloom again-if only we will ure and all those who are dissatisfied with themselves, their lots, what they the New Year offers us. From the naughty little boy at school A HAPPY NEW YEAR. have made of their opportunities!

to the criminal at the bar of justice, the one plea is for "another chance." And what is another chance? Is it something that can be given us

to vitinte our troubles and fulfill our Is it an Aladdin's lamp which at our bidding will eliminate the past and build the future to our liking? It is all of that and more-but it is

Another chance is in no one's bounty but is waiting for any one of us simply to take it ourselves. Another chance is dependent upon nothing but your state of mind,

tot something that must or can be

True, it needs some impetus, some dividing line. And for centuries that mental need has been supplied by the coming of the New Year.

The New Year turns a page. The chimes that ring out the old year can ring out old regrets, and if we only ant them to, even old memorics. The new page, blank but for its new promise, vibrates with another chance. It is there for any of us, that new

chance. It is in ourselves, and the coming of the New Year is all we need There is not one of us who cannot we "could" or "might bave done."

Promotes Skin Health

For your New Year's

"COMPANY" DESSERT

Milk-fed Roasting

Dinner

Chickens

At all our Meat Markets

ASCO

delicious Victor Bread.



A Good Opportunity

As our Stores will be closed all day Monday, you will have a good opportunity to test the remarkable "keeping" qualities of the

You will be surprised to see how your Victor Bread will stay fresh-even until Tuesday morning. Victor Bread "keeps" because it is baked properly and from the purest of ingredients.

And in addition to its "stay fresh" feature, its unmatchable quality and purity and the generous size of the loaf make it the greatest 6c worth of bread you can buy.



Víctor Bread

Big Loaf

Be sure to buy enough Victor Bread today to last you until Tuesday morning. Our Stores will be open tonight until 10 o'clock.

throughout the principal towns of Pennsylvania, New Jersey, Delaware and Maryland.

ASCO

Victor Bread can be bought in our Stores only, which are located all over Phila, and