EVENING PUBLIC LEDGER-PHILADELPHIA, TUESDAY, JANUARY 10, 1922

PLAY FOR YOUR HEALTH

Paul and Virginia By HELENA HOYT GRANT

His Night Off

AUL'S night off. Virginia had insisted upon it—and had balked. But, of course, he final'y yleided. "I think you should "Yes, it is quiet." DAUL'S night off.

once a week, dear," she had said. "I don't

objected. Why don't you an evening at your club?"

ling me out of my own house-But I think you'll enjoy a night off ce in a while

So this was Paul's night off. He gloomed into the billiard room, the tables were all occupied. He mooned into the comfortable reading-room, but only elder members of his club were there, and they were builting the room to strictly artification withing the room to strictly artification with the room to strictl t the tubles were all occupied. putting the room to strictly ntilitatian purposes, as the governors of the club off.

Lad provided. There wasn't even a periodical on the tables that interested Paul. He strolled up to the gymnasium foor, but here he saw only hardy ath-interest of fifty, briskly tossing the medi-time ball. The very effort of looking he on wearied him, and he seemed to feel an ache in his bicepa as he watched the tray-haired onthusiasts flinging the beavy ball. "Heavens—this is the limit." he muttered, as he returned to the big rooms downstairs.

Be sat down beside Edwards, the "Strike?"

Paul stared. "Away? No, no, she's not nway." His fellow club member threw him "Then you'd breeze right home and strike, eh?" "Absolutely!" "Absolutely." "I don't often see you here eve-nings," he said, I'aul was conscious of a note of inquiry in the man's voice. "Absolutely. "Well, by Jove, I think you're right. I'm going home to strike. So long!" Such was the ignominious end of Such was the ignominious at re-

"No, I only drop in once in a while," one of Virginia's first attempts at re-Paul stiffed a yawn, "Terribly dull here-evenings,"

"I think you should go out and enjoy an evening alone at least once a week, dear." she had said. "I don't "I tes. it is quiet." "There was an awk-ward pause. "If I had a homesne nad said. "I don't want your men friends to fancy rou're tied to your wife's apron-strings." he fe't as if Edwards had objected.

on the defensive. "But, then, a home "Oh, well, if you want to actually is the advantage of a married man, and the club is the poor imitation we unmarried men have to put up with," sighed Edwards.

Paul felt an urge to confidence. "Look here, Edwards," he broke in

"Yop-wife insists I take a night off. She's afraid I'm all fed up with the house and her society, I suppose." Edwards grinned.

"You don't seem to be having a hi-larious time, exactly," he said. "I should say not," sgreed Paul, heartily. "I'm bored to death, to tell the ruth. And this is the only place

I know to spend my night off. I hate go to movies alone. Edwards clucked sympathetically,

"I'd go on strike, if it was I," he

"Hello!" smiled the bank man. "Sure! I'd refuse to take a night wife away?" Paul stared.

Tomorrow-Slang!



Please Tell Me

She Flirted With Him

What to Do



 She Flirted With Him

 Dear Cynthia—What would you do

 in a case like this? A young fellow is

 working in a hat store and a young

 lady (?) comes into the store with the

 intention. I presume, of buying a man's

 hat. She came into the store humming

 to herself, and as I laughingly advanced

 wonderful voice."

 "Do you think so?" she replied.

 "I know so." I answered. One word

 The playing the plane that, at last she sad.

 "Well I guess I'll come in again."

 and partly because she was a vivacious

 to blonde "Don't forgot to come. It is no

 to blonde "Don't forgot to come. It is no

 to blonde "Don't forgot to come. It is no

 to blonde "Don't further for the follow.

 to blonde "Don't forgot to wait on you."

 She came back the next day and I may week I had also introduced her to the follow.

 I'm gweek I had also introduced her to what ever to wait on you."

 I'm gweek I had also introduced her to what ever the and, strange to say I didn't receive any word from her and, strange to say I didn't receive any word from her and, strange to say I didn't receive any word from her and, strange to say I didn't receive any word from her on the follow.

 the received a card from her and, strange to say I didn't receive any word from her and, strange to sa firet intellect."

The received a card from her and, strange than any other study which contributes to say I didn't receive any word from her. I would like to know what some of good music, which contributes to a finer intellect.
So much for the beauty side of it. So mother yourg persons the beauty so to do with such young persons the beauty so to do with such young persons the instifying of these and the music, the suss. These publish this. T read the letter signed "Bachelor of Thirty-six." who says eight of his friends have gone for foreign-born girls. I collect pletures of screen and stage.
Thirty-six, girls of screen and stage.

Those Weary Times of Depression That Come After a Drive of Energy Inusual

Wouldn't Be So Frequent if We Could Take Life More Easily and Spread Our Efforts Over the Whole Year

DO YOU ever get that feeling of not be so much chance of the wor'd's going on and leaving us out of it not"? Isn't it depressing? Very often around this time of year it seems to be time for everything to work.

Very often around the verything to it seems to be time for everything to stop for a while. Instead of the beginning it seems more like the middle of the year, after your first wind is about used up and to the seems of the seem

if we could take it in moderation. But we take it so feverishly, and we Christmas and the holidays have about finished your energy and you feel live so upon our nervous strength that we never re'ax and our nerves are con-

as if you have to stop and rest for a stant'y strained There comes that inevitable break-ing point when those strained nerves year or two before you can do another thing. Your activities are very give way and we have to fall behind. dow and your movements sluggish now : you wonder whether you wi'l ever be ab'e to take any real interest in any-

thing again. But the trouble is the world keeps right on wairling.

Things keep right on happening. So many other people keep right on having is much peo and life as ever. And before you know it you are out of in the world? Can't we take the world and its destep and you have to hustle a little more than usual to get back into your regu-

lar place again.

KEEPING up with this rapid pace that you are afraid to drop out even Wearlness.

for a short time. Things go on past you so fast that you feel that even when you do get back into place you will be uncomforta-If we could only be a little less anx-ious, about "school" all "brough the rear there would be fewer of these times when we "don't care a hang whether school keeps or not!" ble as if you were a visitor in the home of a large family and didn't know any

" their fami'y jokes and secrets. And it makes so much difference t

Isn't it silly that it should make such a vast difference? After all, when something does hap-pen, when you and sick or when you we away for a time, you get back all

There's no trouble about picking up the loose ends then. The world gees on just the same, but when the time comes and you are strong enough you step out and join in its whirl just as merrily as before.

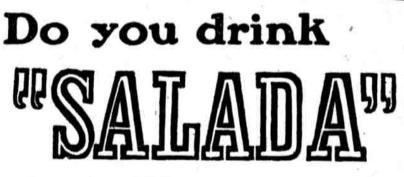


To make the UNUSUAL TRIMMING shown on this hat, you will need black lace about ten inches wide. Measure the distance from the inside of the under brim, up over the brim and up to the top of the crown. Double that amount and add sufficient to make a pleasing sized bow at the top. Cut the strips of lace into halves. Wire the edges of both pleces. Stitch one end of each hand

But even then we come back-slowly. pleces. Stitch one end of each hand it's true, but inevitably and surely. So why should we warry so much? No why should we warry so much to the top of the crown. Tack both whots of taut nerves and straining energs when, no matter what happens, we this UNUSUAL TRIMMING has made are bound to find our own places again a delightfully chic chapeau.

FLORA.

mands upon us more castly? Can't we learn to relax a bit more? If we only could, we should be able to spread out our efforts more and not have these dreadful "drives" which re-sult in these just as dreadful fits of Mother Says



OR JUST TEA?

old alike.

ASCO

Tast the difference.

ASCO

tion, so

There's a distinct difference in favor of "Salada"

A "balanced diet" may sound confusing to many people

The facts, as explained here, are simple.

The secret of a "balanced diet" is to have food containing all the elements needed for proper nutrition. These elements are protein, to nourish the tissues; starch and sugar to furnish energy; fat to supply heat; and mineral salts to provide the material necessary for building nerves, brain, and tooth and bone structure

Grape-Nuts, the nourishing cereal made of whole wheat flour and malted barley, served with cream or milk, is a complete food for young and

Go to your grocer today and get a package of Grape-Nuts. Eat it with milk or cream for breakfast; or with stewed fruit, jelly or jam, as a

Every member of the family will relish this

Grape-Nuts-the Body Builder

Made by Postum Cereal Co., Inc., Battle Creek, Mich.

AMEDICAN STORES CO.

The Saving Goes

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Asco Coffee; for, although its price is low,

its quality is high-the fact is, we guar-

antee it to be the equal of the best cup

that ever passed your lips.

Don't misunderstand the low price of

To get coffee equal to the delicious

Asco Coffee, you will pay elsewhere 40c

and 45c per lb. Our price is only 25c per lb. You can't get better coffee satisfac-

Why Pay More?

Sold only in Asco Stores, located all over Phils, and throughout Penna., New Jersey, Delaware and Maryland

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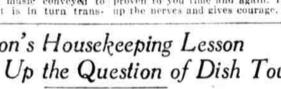
ASCO Coffee

ASCO

"There's a Reason"

delicious dessert for lunch or dinner.

palatable and nourishing food-



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been hearing things, Nick; and I re-aliged that I'd made a mistake." Bae was conscious that they were Tomorrow—The

Tomorrow-The Gift

Through a Woman's Eyes

The Eye of the Mind

Not long ago I was taken back to my We need the right perspective to see chool days by a lesson I happened to in the "trend of the times" not a trail hear on the physiology, the process of to the devil, but only the same old clash sight. The teacher told how we see of the old and the new, caused by the things in a mirror through light rays kind of double-sight-for-trouble that

t does to healthy sight. Those who have a defect in their own mind's eye.

iston, who are near-sighted or fareight-d or colorblind, do not blame it on the thing that looks different to them from what it should. They know their defect d take steps, usually, to correct it. By Digh Wou'dn't it be a great boon if peo. Truthful Wrinkles

saw reflected all of the sky,

By the earth that holds it? By the heaven it holds?' The healthy eye will see the heaven in the pool, for the hea'thy eye looks apward looks for the line and the pure and beautiful. It is distorted vision, the defective, short sight, that sees no the then the muddy hole which holds. To the latter classification belong wrinkles. Do you know there are certain specific furrows and lines of the face that meas-are the individual's love of truth? You'll find them around the eyes.

AVAILIAN DALANA

that penetrate the eye and reflect back upon the object before us.
When the same thing looks different to two people, we were told, it is because of a defect in the sight of one of them, and not the fault of the object.
For it is through the light rays not penetrating and reflecting as they should that the object looks different from what the dose to healthy sight.
when the same thing looks different to two people, we were told, it is because of a defect in the sight of one of them. And not the fault of the object.
For it is through the light rays not penetrating and reflecting as they should that the object looks different from what it does to healthy sight.

Read Your Character By Digby Phillips

Ammunum Stanson Stanson Wou'dn't it be a great boon if peo-ple were just as conscious of the eve of the mind—if they always made sure be-tore judging things and other people that there is nothing wrong with their own inner eye? Among the gems that I keep always near me is this one, which beautifully internets how much depends upon that "In a pool so small you could jump the most part the wor'd is too busy with its own thoughts to bother. Just as inherited tendencies of mind

and character are revealed to the scien-

the defective, short sight, that sees no further than the muddy hole which holds the water that reflects the sky. In other instances a certain defect in the eye of the mind causes it to see what might be there, but is really not, to

The defaution. It is identified with a bolk of the with the default with with the de

white and sweet as dish

Ffth. Explain why a pot cloth is

necessary. Sixth. What cloth would you use to

wipe up some spilt milk and why? Seventh, Give a method of washing

Eighth. Why pour boiling water over

e dishes? Ninth. Describe method of washing

the pots and pans. Tenth. How would you care for the

WHAT'S WHAT

By HELEN DECIE

towels

dishes

towels after using?

the

cloths shou'd be a part of every kitchen equipment for wiping tables, stove and working around the range. These c'oths can be made from worn-out old to sterilize the dishes. Now if this is

Without Ministration will run on them. Draw water in the First. I dishpan as hot as you can bear and dish towels add sufficient soap powder to make a nice suds, then commence to wash: First. The glasses. Second. The silver.

Third. The cups and succers, Fourth, Plates. Miscellaneous dishes. Fifth Place the glasses in a separate pan and rinse we'l with boiling water You.

will find it best to have a pan with boiling water and roll each glass in it as you wash it. Pace the cuns and success in this same water. Place the silver in the bottom of a second dishpan and mile

the plates and other dishes in this par and when all the wishes are washed pour and cover with boiling water. Let the dishes stand in this water for fice Liet minutes and then remove and whe dry, using an absolutely clean dish. towel.

The Pots and Pans

All pots and pans should be filled with cold water just as soon as the food This soaking will make for removed. asy washing. When ready to wash the pols and

pans, take a pot brush, which may be an inexpensive which broom, and tems e all food that is loosened while the pan has been soaking; now wash and re-move all fire marks with a scouring powder. Rinse under the running water and fill with boiling water. Let the pan stand for a 'ew minutes; then drain and wipe the pan dry. Air for a few

minutes. The old housekeeper may shrug her shoulders at this method, but if she will stop for a few minutes and think of just how many times colds, sore and even sore throats have run through

cloths shou'd be a part of every/kitchen equipment for wiping tables, stove and working around the range. These c'oths can be made from worn-out old knit underwear or outing finnel. **To Wash the D'shes** Scrape the 'ef'over food from the plates and stack in a pile: raise the g'asses, cups and staters, knives and inst before you begin to wash the dishes place the pile of plates where the water will run on them. Draw water in the dishpan as hot as you can bear and ions?: First. Describe materials used for light towels. Second. How would you make these towels?

Third. Why would you consider a small as you are! glass towel necessary? Fourth, Give reason for keeping dish-

The Question Corner Today's Inquiries

1. How many women wage-earners does the city of Denver, Col.,

2. What unique substitute for rags is used to ergehet immensely at-tractive rugs?

3. For typewriter operators who are blind how does a new invention lend a great amount of aid? When a child is between the ages of five and seven years how many hours of aleep should it have a day?

Describe an effective long chain which can be worn gracefully with the afternoon frock. What sort of daintily elaborate sleeves does a tan cloth dress take upon itself?

Yesterday's Answers 1. In olden times a girl who was not engaged followed the unique

custom of wearing a ring on the first finger of the left hand in order to signify her willingness to marry, or one on the little finger if she desired to remain simple single.

By being oblong and of a size which is fitted for throwing it across the center of a long table. a runner of a soft shade of oranze, with black wool stitches around the edge, lends just the right note of fresh color to a

For the average woman the kitchen sirk should be thirty-six

inches high, so that she will not be tired by having to bend over

and feathery wheat, all of the same shade, makes an unusual and charmingly piquant trimming for the side of a blue felt hat.

6. Several ruffles of soft, ecru-col-ored lace about the neck and scallops of this just above the hem give a becomingly old-fash-ioned air to an evening gown of apple-green taffeta.

. The required amount of sleep for a child of four years is twelve hours a day. A good-sized cluster of flowers