

THE YOUNG GIRL AND HER DIET

OF RECENT months I have been perfectly appalled at the tales that have been related to me about the young girls' mania for a silhouette akin to a slender string. Nor by hearsay only have I arrived at the conclusion that the fapper language of an infatuated and irrepressible doom. The cries of the parent, whose locks have been carried off by the "flu" are the agonized groans of computers fourteen, fifteen, sixteen and seventeen, who are afraid they will get fat or are already a trifle overweight. A girl in high school, in no danger whatever of rotundity, who refuses luncheon and cuts up high dudgeon when forced to eat a dinner of three courses, to eat a voracious meal. I hope these are exaggerated cases, and that the mania will be checked before the younger generation. Else the woman of tomorrow is going to be one of impoverished body, impoverished brain, impoverished heart, incapable of mounting whole-some, healthy young citizens.

No girl is fully matured until she is twenty years old. What she will be at twenty depends absolutely upon the manner in which she treats her body during the period of growth in her teens. It may seem a broad assertion that she may make of herself a beautiful girl or a deformed one, but unless she is hopelessly deformed there is no reason why, with proper hygienic care, she may not arrive at her full maturity a being to be admired and to be courted for her charms.

A starvation diet will do nothing toward the perfect development of the young girl; it will, on the contrary, in her case, do her harm. It will rob her of her color in her cheeks, buoyancy in her step, youth in her eyes, there will be an anemic or highly strung creature, neither a certain amount of sugar, but in no way, all you young girls who have established in your minds the erroneous impression that to be attractive means to be underweight, please make my advice and eat three meals a day—normal, healthy, wholesome meals—for no other reason than to make you not only prettier when you are twenty, but right now in your teens.

Go in for swimming, for basketball, for running and jumping, for hiking and tennis and golf; for any and every form of sport which comes within your power—even to hand springs, vaulting, javelin throwing—anything and everything that will keep you actively on your feet and will render your system healthy. That's your reducing secret, your health secret and your beauty secret.

Eat three meals a day—foods that are strong in protein and body-building, including plenty of fruits and vegetables. And diet only on the excessive sweets! Soda! And ice cream! You do require a certain amount of sugar, but in three well-balanced meals a day you will get all or nearly all the sugar your system requires. Starches, when assimilated, provide the same amount of energy. If you eat out at noon and buy for luncheon cakes, doughnuts, cream puffs or foods like that you are going to have a poor complexion as well as an under-nourished body. Good soup, salad, bread and butter and fruit dessert are what you should order.

You cannot live unnaturally and be pretty girls. That's all there is to it. It is unnatural to over-eat or to eat too much of one kind of food, particularly sweets, at times your system will crave a little extra sugar if your meals are not satisfying the demand. Then eat a piece or two of candy, but at the end of the meal, preferably dinner, never before a meal.—Antoinette Donnelly.

soft pink and a perfectly fascinating shade of orchid—straps over the shoulder of the silk of the shirt, attached as if they were just ribbon straps. When I saw that the price was \$1.75 I was truly surprised, because the shirts are excellent quality.

For names or above address Woman's Page Editor or phone Walnut 3000 or Main 1601 between the hours of 9 and 5.

LOSER WINS IN LOVE AFFAIR
Huntingdon, W. Va., Sept. 14.—Last Halloween Chester Linkfield and Ann Carpenter, both fifteen years old, fought a duel with pistols, the consequence of their courtship of the belle of a party, twelve-year-old Ernestine Burnett, Carpenter, who shot Linkfield and who serving a term in the State reformatory, learned yesterday his rival has married the girl.

Things You'll Love to Make



Ribbon, Wool and Cardboard Are Used for This Fetching Girdle.

Instead of ribbon, you can use strips of silk with neat edges for this newest of girdles. Cover three-inch rings of cardboard with wool of different colors. Either wind the wool around and around the rings or use a buttonhole stitch. Stitch three ribbons to each side of each ring. Then tie the groups of ribbons together leaving long ends. A girdle of this sort is lovely on any one-piece frock.

Mineralava

5 reasons why mothers buy HICKORY GARTERS for children

1. The only Children's Garter made with the patented rubber cushion clasp, which holds stockings firmly between rubber and rubber. Saves wear and tear on stockings and means less darning.
2. Highest quality elastic and webbing, thoroughly tested, insures long wear.
3. The pin, buckle and clasp are absolutely rust proof.
4. Extra strong pin. Cannot break or bend.
5. The buckle is easily adjusted and prevents broken finger nails.

25c and up depending upon style and size.

Complete satisfaction assured or your money back

A. STEIN & COMPANY
Makers of PARIS GARTERS for Men
CHICAGO NEW YORK

And silk shirts, too! My own supply is in a tiny pile in the corner of the third drawer from the top, wearing thin and looking rather pale. I decided new blood, so to speak, was needed, and I bought some shirts. A

SCHOOL Children's Hair

Can be kept always Clean, Luxuriant, Healthy and Clear of all Parasites and their Eggs or Lice, Dandruff and Falling Hair by washing regularly with

FITZGERALD'S HAIR SOAP
(The Medicated Coconut Oil Shampoo)
Does away entirely with the use of Liquids, Drugs or Fine Combs, cures even the worst case. 25c at Drugists.

First-aid

Whether skin is broken or bruised or muscles tired, apply a few drops of Absorbine. It is both antiseptic and astringent. Safest of pleasant odors; cannot stain. Keep handy. \$1.25 at drugists or by mail. Postpaid. Liberal trial bottle, 50c.

W. F. YOUNG, Inc.
75 Temple Street, Springfield, Mass.

Absorbine J

Let Cuticura Keep Your Skin Fresh and Young

Daily use of the Soap keeps the skin smooth and clear, while touches of the Ointment now and then prevent little skin troubles becoming serious. Cuticura Talcum is ideal for powdering and perfuming.

For Sale Free by Mail. Address: "Cuticura Laboratories, Dept. 100, P. O. Box 100, Portland, Me. Soap 25c, Ointment 25c and Talcum 50c. Cuticura Soap shaves without lather."

FAVORITE RECIPES OF FAMOUS WOMEN

By MADAME GROUTCH (Wife of the Minister of the Kingdom of the Serbs, Croats and Slovenes)

Potato Balls a la Surprise

Prepare mashed potatoes in the usual manner with butter and cream. Prepare creamed spinach in the usual manner. Make small balls of spinach, cover them with a thick coating of potato, dip in beaten egg and bread crumbs and fry in hot fat until thoroughly browned. Serve with roasts or game.

Tomorrow—Chili Sauce, by Mrs. Robert E. Spear

LUIGI RIENZI
CORRECT APPAREL FOR WOMEN
1714 Walnut Street

ANTICIPATION
THE FULL ENJOYMENT OF STYLE IS ITS ANTICIPATION

Quadrille Crepe and Other Correct Materials, in Their New Smart Slenderized Long Skirts, With Long Waist Lines, Are a Distinctive Departure For Immediate Wear.

Black—Navy—Elephant

\$55.00

SUITS—COATS—CAPES—FURS

DELIGHTFUL HAIR WASH

You can enjoy a delightful shampoo with very little effort and for a very trifling cost if you get from your druggist a package of canthox and dissolve a teaspoonful in a cup of hot water. This makes a full cup of shampoo liquid, enough so it is easy to apply it to all the hair instead of just the top of the head. Your shampoo is now ready. Just pour a little at a time on the scalp and hair until both are entirely covered by the daintily perfumed preparation that thoroughly dissolves and removes every bit of dandruff, excess oil and dirt. After rinsing the hair dries quickly with a softness that makes it seem heavier than it is, and takes on a rich luster and a softness that makes arranging it a pleasure.—Adv.

Wanamaker's Down Stairs Store

SPORTS COATS

Practically the Whole Down Stairs Central Aisle, Market Street, is devoted to a specially arranged showing of Women's moderately priced Autumn Sports coats at

\$10 to \$75

Literally dozens of styles of Autumn sports coats within this moderate price range.

Sturdy heather mixtures at \$10 and \$10.75.
Soft grayish coats—samples—at \$16.50.
Gray or tan herringbone coats with satin lining at \$20.
Good-looking tan cloth coats with peau de cygne linings to match at \$25.
Chinchilla coats with satin lining at \$27.50.
Homespun coats with raccoon collars at \$37.50.
Beautiful camel's-hair coats at \$42.50.
Raccoon-collared tweed coats at \$75.
And so many others that it would be impossible to describe them all.

Sizes for small, medium and large women.
(Down Stairs Store, Market)

Unusual Sandal-Pumps a Pleasant Surprise at \$3

Pretty patent-leather one-strap pumps with welted soles and low heels with rubber heels attached. Heavy enough in weight for Autumn and Winter wear, yet they have the appearance of the lightest, most frivolously low-cut sandal. That is because they are extremely low over the instep and the vamps are decorated with cutouts.

These shoes represent a very special purchase and there aren't a great many pairs, but they come in all sizes and widths.
(Down Stairs Store, Chestnut)

Amazingly Good-Looking Dresses \$6, \$8.50, \$10, \$15 and to \$25

Some surprising little frocks of good serge attractively made and trimmed with braid are \$6. It would be hard for any home dressmaker to duplicate the making at this price! Yes, mostly in the dark blue that almost every one wants. One is pictured to show how nice and quiet and well bred it is!

The other dress sketched is of tricotine at \$8.50. Its elaborately embroidered skirt and henna-colored collar and cuffs are really most impressive looking at such small cost.

Then There Is Going On a Dress Sale at \$10 and \$15

They are the best dresses we have had at \$10 and \$15 this season. Most of them are of Canton or crepe de chine and the qualities are so superior that it is uncommonly good fortune to get them for so little. Some tricotine frocks are included. Nearly all are in navy and black and they come in sizes from 16 to 44.

Dresses at \$16.50 to \$25

Nearly a hundred different styles! Some only one and two of a kind. The carefully selected sorts of frocks that one can enjoy wearing. Made of tricotine and various silks. Regular and some extra sizes.
(Down Stairs Store, Market)

All-Over Silk Lace Specially Priced \$1.90 Yard

Shadowy, black, all-silk lace, in boldly cut large patterns and delicate small ones. 36 inches wide, so that it is fine for scarfs as well as dresses.

All-Silk Georgette, \$1.75 Yard

Even if one allows an extra yard for draperies and the new length, a dress of 40-inch georgette can be made very inexpensively. Black, white, brown and navy, and exotic evening shades.
(Down Stairs Store, Central)

Central Aisle School Girls! Skirts and Dresses \$4.50 to \$7.50

White Belts, 25c

Many women like them for year-round wear with sweaters, house dresses and the like.

Plain or perforated leather in all-white or combined with black. All have pearl buckles.

Particularly Good Hair Nets
Single mesh, 40c dozen.
Double mesh, 60c dozen.
Hair nets whose merits are too well recognized to need more than a word in passing.
Cap or fringe style in light, medium or dark brown, blonde, auburn and black. Made of real human hair, of course.
(Central Aisle)

Specially Priced Scissors, 50c

Good, sharp steel scissors. Embroidery length to six-inch length, all with shining blades that twinkle invitation to Autumn sewing.

Linene Luncheon Sets, 60c and \$1

Five-piece sets consisting of a 36-inch lunch cloth and four 12-inch napkins. 60c for sets stamped to embroider. \$1 for sets complete with materials to be applied on a stamped design.
(Down Stairs Store Art Needlework Shop, Central)

\$7.50 for All-Wool Jersey Dresses

Dark blue, Pekin or henna. Made in comfortable slip-on style with contrasting wool embroidery and narrow black ribbon sash. Sizes 6 to 12 years.
(Down Stairs Store, Market)

Flannelette Sleeping Suits

Cozy, comfy, soft-nap flannelette suits for children make sliding down between chilly sheets no trick at all.

75c for one-piece striped flannelette suits with feet. Two styles, one buttoning in front and the other in back. Sizes 2 to 6 years.

\$1.10 for striped flannelette suits without feet. Buttoned down the front. Sizes 6 to 14 years.

\$1.25 for striped flannelette suits that look just like Daddy's pajamas, but are all in one piece, after all. Coat finished with frog fasteners. Pretty pink or blue stripes. Sizes 6 to 14 years.
(Down Stairs Store, Central)

MEN'S ALL-WOOL SUITS Specialized at \$25 to \$35

In Wanamaker's Down Stairs Store for Men on the Gallery, Direct Entrance at Market Street—One Flight Down

Every day more and more men are walking down one flight of stairs from Market Street to this "Wanamaker Gallery."

Why?

Because there are clothes here that are really satisfactory and the prices are just about what a good many men want to pay. All the materials are all-wool. Not only do we say they are all-wool, but we have them chemically tested to make sure they are all-wool.

Then they are tailored to "stand up" under the "grind" of wearing every day.

There are good cassimere and worsted suits with one pair trousers to be had now at \$25.

There are unusual cheviot suits with two pair trousers at \$25.

And there are other suits up to \$35—but none higher.
(Down Stairs Store for Men, on the Gallery, Market)



These Wanamaker Shoes for Men Are \$5 Every Day

Keep this fact in mind, and the next time you need a pair of shoes come in and see if you don't agree with us that these are exceptional at the price.

Oxfords and high-lace shoes.
Black and tan leather and kidskin.
Dress, service and comfort lasts. Solid leather soles. Always in stock for \$6.

Boys' School Shoes, Special, \$2.90

Stout high-lace shoes of black or tan leather. Wide toe lasts and welted soles. Sizes 10 to 13 1/2.

Larger Boys' School Shoes, \$4

High tan leather shoes with wide toes and welted soles. Sizes 1 to 6.
(Down Stairs Shoe Store for Men, on the Gallery, Market)



School Children's Shoes, "Special" at \$2.90

Stout leather soles that will wear. Broad-toe lasts that will allow little feet to develop normally and comfortably.

High-lace uppers to keep ankles warm and dry. Black or tan leathers that will stand a lot of scuffing and hard usage.

These are unusually good school shoes for \$2.90. Sizes 6 to 2.
(Down Stairs Store, Chestnut)

BLANKET NEWS

Part-Wool Blankets, \$5 to \$8

Exceptional All-Wool Blankets, \$10

The Down Stairs Blanket Store is ready for Winter—and these first days with a real "nip" in the air remind every housewife that a goodly store of blankets is one of the prime requisites of comfort and good health.

\$5 for 72x82-inch part-wool gray blankets, and for 66x80-inch plaid blankets with a slightly smaller percentage of wool. Pink, blue, tan and gray. Also white with pink or blue borders.

\$6 for part-wool white blankets with pink or blue borders that are exceptionally soft and nappy. 60x80-inch size for single beds.

\$6.50 for wool-mixed blankets in gray, tan, pink or blue plaids, 70x80 inches.

\$8 for 70x80-inch blankets that have about 45 per cent wool in the filling. White with pink or blue borders.

\$10 for excellent all-wool blankets in lovely plaids. 70x80 inches.

New Down-Filled Comfortables, \$12.50

Almost as light as the proverbial feather, and assuring the greater downy warmth because of their lightness. Yellow, blue, green or pink sateen backs and borders, with harmonizing floral pattern tops.
(Down Stairs Store, Central)

Specially Priced Silks \$1.75 and \$2 Yard

\$1.75 for 35-inch all-silk satin in plain and changeable shades that may be used for street or party frocks. Gray, taupe, tan, brown and navy; changeable green and brown, cerise and blue, blue and gold, green and black and black and brown.

\$2 for 40-inch all-silk charmeuse, very soft and rich looking. Black, brown and navy.
(Down Stairs Store, Central)

Luggage for Late Vacations and School

\$5 for round hat boxes of shiny black enameled fabric with black or tan linings. Lots of extra space for little things. Center lock and two side catches. 18 inches across.

\$5 for square hat boxes of black enameled fabric. Cretonne lined. Center lock and two side catches. 18 and 20 inches across.

\$3.50 for week-end suitcases of black enameled fabric. Cretonne lined. Center lock and end catches. 18, 20 and 22 inch sizes.

\$5 for deep black enameled fabric suitcases with leather corners and short leather straps. Cretonne lined. Pocket in lid. Same case with all-round straps. \$5.50. 24 and 28 inch sizes.

\$9.50 for long-wearing cowhide suitcases with sewed strap-loops and corners and all-round straps. Linene lined. 24-inch size.
(Down Stairs Store, Central)

New Seamless Velvet Rugs Agreeably Low Priced

Moderately priced rugs of substantial quality, in colors and patterns similar to very much higher priced kinds. Rose, gray, taupe, blue and brown predominate in figured designs and moresque effects with plain or figured borders.

These rugs are new. There are not so very many of them. They come in good sizes and are unusual at these prices.

6 x 9 ft. Rugs, \$20.
8.3 x 10.6 ft. Rugs, \$32.50.
9 x 12 ft. Rugs, \$35.
(Down Stairs Store, Chestnut)

"Colonials" Will Be Favored

Countless Original and Very Beautiful Models That Are Criterions of the Fashion

All the unusual charm of the Footwear from "Minuet Days" is embodied in patterns and materials at Winkelman's. We have added the much-desired smartness to slippers of unquestioned good taste.

The "Marcia"
In Black Patent, Black Silk Brocade and a beautiful combination of Patent Colt and Brocade \$10

The "Alamae"
In Black Patent, Black Patent and combination of Brocade and Silk and Brocade \$10

The "Gail"
In Black Patent Colt and exquisite Black Silk Brocade \$10

Cut Steel Buckles \$2.50 to \$25.00

Winkelman
Style in Quality Footwear
1130 CHESTNUT ST.
At Twelfth

Foot with Fashion