#### Men Are of Some Use, After All, Declares Winnifred Harper Cooley

By WINNIFRED HARPER COOLEY NEVER miss a husband, except appeal mightily to our imagination.

When moving day comes round!" The good Lord certainly did arrange the talents and capabilities and physical desired the talents and capabilities and physical desired to the talents and capabilities and talents and capabilities and capabili

more than one-tenth of what she says, but the grain of trurk which comprises the one-tenth causes us to ponder on the domestic question.

For men necessary to me stays and the content of Are men necessary to our happiness, after we have turned thirty?

While we are struggling with the window-shades, and falling off a steplader, and lifting furniture, the brute strength of some Friend Husband does

You settle down after the first evening meal in the completed, new and cheerful home, and gaze rapturously at your spouse. Yes, besides heing useful as a "mover," he is pretty fine, just as a pal!

The Superior Sex

By HAZEL DEYO BATCHELOR

John Steele takes Anne Temple

divulge, he marries her. Marria Steele, his mother, disappeares of the match, but she makes the best of

things, and there is no question of love on Anne's part, for Steele promises her never to ask more from her than she is willing to give. On the honeymoon trip Steel's consider-

attness and generasity go for toward winning Anne's trust.

On the Brink

one carried Anne off to the dancing

floor, the others engaged Steele in

conversation, but he was grindy aware

of the fact that each man was awaiting

his turn to dance with Anne, and where

in a different mood it would have amused

voice, and Steele, who had been on the point of refusing her request because he dimly realized that

he dimly realized that it would not be safe to be alone with her in the soft scented darkness, suddenly yielded to the feeling of recklessness that had

Tomorrow-Surrender

OF FAMOUS WOMEN

By MRS. E. LEE TRINKLE

(Wife of the Governor of Virginia)

Prune Moonshine

grow-Barbecued Chicken, by

e pound of small prunes.

**FAVORITE RECIPES** 

Things You'll Love to Make



A Graceful Headdress From Two

She were a dress of shimmering it:

square is gathered all around. Then
add to the length of the square another She were a dress of shimmering its add to the length of the square another descent green, a dress that made her square, or if a very long drape is blonde leveliness more than ever misty wanted at the side, add one and a half on and unreal, and for the first time Steele the first square and fit the cap thus found it impossible to maintain his formed to your head. You can held it is expected to the length of the square another from the square and fit the cap thus found it impossible to maintain his formed to your head. You can held it is expected to the length of the square another formed to the length of the square another from the square another from the square another from the square another formed to the length of the square another from the square of the squa found it impossible to maintain his formed to vour head. You can hold it 'Cynthia's column as interesting as in place by tacking ir to a band. The buring dinner their table was surgered in the side will form the graceful side drayery. Gather the ends of the figured isolaterlal and drape the in crisp white duck uniforms. While figured isolaterlal and drape the arrive with a start, as I must say my castles fall very often.

#### drupery with fringe. The Woman's Exchange

Little Sister Sings Well him, tonight it filled him with an in- To ale Editor of Wamen : Pege;

him, tonight it filled him with an intense fury.

To look at him no one would have drayed of the conflict of emotions seefing in him. Outwardly he was ascoliastic, his dark eyes were inserutable and the room, but conversation is at the table and more than one an looked at him curlously and wonered what he was made of the able to book at a woman like Anne with such apparent indifference.

The officers were nearly all young, and in Panama women were scarte. A woman with as strange a lovelines as an eligibited Steels to see the men swarming like moths around her.

But tonight everything was different. To see her in the arms of another man only intensified the fact that her love was not his, that actually he had no more privileges than any of these

only intensified the fact that her love was not his, that actually he had no more privileges than any of these strangers, and reason as he would with himself, he could not contemplate the thing, sanely, he was in the grip of something stronger even than his will.

Anne, drifting back to the tuble after one of the dances, accosted him saidenly, "Aren't you going to dance with me at all tonight?" But her cycs with me at all tonight? But her cycs hould weigh about 150 nounds of such things as wolded his eyes.

Toward the end of the dance she significantly hard heigh of the weigh one of the flatter and took her in her arms, a little shiver ran through her and she avoided his eyes.

Toward the end of the dance she signested lightly that they go out on the breakwater.

"I must have a rest from those clamoring men," she said wiff a ripide of lawyther, "and just think low some we'll be leaving all this,"

WHATS WHAT

By Helen Decie

American MISS MAPAM DOT.

Toke your little saker to the settlement was the strength of the strength of the settlement was the strength of the strength of the strength of the strength of the weak of the strength of the weak of the shows a find the weak of the weak of the was to the value of the dance she significantly and the property of the strength of the weak of the weak



One pint of water.

One-half cup heavy whipping cream.

Bigar to taste.

Simmer the prunes until tender,
tier washing and sonking them, perliting the water to evaporate almost
tirely during the cooking process,
then press the prunes through a coarse
and sweeten the pulp to taste.

press the prunes through a coarse and sweeten the pulp to taste. while whipping the cream to a broth, then add the prune pulp, ing it in carefully in order not to the cream. Serve in tall the cream, serve in tall the cream, serve in tall the cream with a candied planted, is evinced by ponderous politeness, excessive elegance in speech and ness, excessive elegance in gestures, deep Is a delightful dish for an inless, excessive elegance in speech and action, a studied effect in gestures, deep hows, elaborate compliments—ail of which are exaggerated, theatrical, unnatural mannerisms. "To be kind, to be simple, to be natural"—that is the all-aufficing code of a well-bred man or woman.

### Please Tell Me What to Do

Letters to Cynthia's column must be written on one side of the naner only and must be signed with the writer's name and address. The name will not be published if the writer does not wish it. Unsigned letters and letters written on both sides of the naver will not be answered. Writers who wish not ensurered. Writers who wish not ensurers that can be given in the column will please look there, as nersonal letters are only written when absolutely necessary.

when moving day comes round!"

The course, there are many women who are garded a trust, and correct and would feel be from the magain, and corded a trust, and correct and would feel be from the magain, and moved the furniture are many of the magain. The magain and tried to open a can be from the magain and tried to open a can moved the furniture are many of the magain. The magain and tried to open a can be corded a trust, and correct and would fine bred to relate the magain. The magain and tried to open a can be corded a trust, and correct and would fee bred to from that be good and the time of her life. Should drive, and in case of most nevi-dents, could take off a wheel and mental tried to open a can be considered to the magain. The magain and tried to open a can be considered to the construction of the magain and moved the furniture and repair the damage. Or a state of paint that be considered to the construction and the time of her life. Should drive, and in case of most nevi-dents, could take off a wheel and mental the machine and tried to open a can be considered to the construction and the could not be provided to the construction and the could not be provided to the course, such a female mechanic is found that offer is many the same of life is a widow, she may not miss about once a year, for the problem of keeping up with the millionaire resits and finding a flat near a person's purpose of the course, such a female mechanic is found to the course of the course of feeling light. About how long should not keep steady course, such a female mechanic is found for the many that the household contrivances that get out of order, and fishe is a widow, she may not miss. The course of the course of the long that offer is the course of the long that the rule. Most men have more strength in the course of the long that the rule of the long that

Dear Cynthia—We are three girls, in ur middle teens, considered good-look-ing by both sexes and very uppular. Ve are seeking advice which we hope We are seeking advice which we hole you can give us.

We have been going for quite a while with a crowd of boys that have just one fault. That is, they know they are good-looking and so are very conceited. When we see them any place, they want us to go over to them or, in other words, run after them, which we refuse to do.

Please let us know through your won-derful column your advice. "THE GRAE MAR TRICE" Since you aropped these boys, and for good reasons, why not let things go? There are plenty of other fish in the

To "Jean and Jill"

Dear Cynthia-Will you allow me to

Oblongs

The charming headdress shown was fashioned from two oblongs of chiffon; one of plain material, the other of figprecipitated matters, and that night and seemed more than ever irresist
Anne seemed more than ever irresist
ible.

Oblongs

The charming headdress shown was fashioned from two oblongs of chiffon; one of plain material, the other of figgood nature), but you will hear from the order in a while and I hope to see that will be large enough to make a cap to fit the head when the material.

The charming headdress shown was fashioned from two oblongs of chiffon; one of plain material, the other of figgood nature), but you will hear from the order in a while and I hope to see that contain protein.

Per good nature), but you will hear from the order in a while and I hope to see this contain protein.

Per good nature), but you will hear from the order in a while and I hope to see that will be large enough to make a cap to fit the head when the material are one of the plain material.

The charming headdress shown was fashioned from two oblongs of chiffon; one of plain material, the other of figgood nature), but you will hear from the order in a while and I hope to see this contain protein.

The charming headdress shown was fashioned from two oblongs of chiffon; one of plain material, the other of figgood nature), but you will hear from the order from the order in the

It pleases me to think that two girls
that hever saw me should take such an
interest in my future. That kind of
friendship is worth cultivating.
It might please you to hear I went
one more notch higher last week and
I expect a busy winter, so I hope when
I come home at nights I will find

While writing I must say a few words to (Not So) Lonely, Unhappy and Miserable That's the girl, cheer up; you scored a knockout in your last letter You will make the boys take the count

Write and let us hear from you some me. Will you? BLONDY."

THE HOME IN GOOD TASTE



requiring an emphatic note of con-

Our go-nel of suitability must be borne in mind. We need not adhere so closely to period consideration with our accessories as has been done in the post. If the beauty and color quality past. If the beauty and color quality of the object chosen justifies itself that is all we need to ask of it, Good taste will present our putting Breton pottery in a rich Remissance dining room, or delicate Sevies or Dresden ware in a Futurist breakfast room, or a painted and gilded leather screen in a room hung with brilliant modern printed cotton.

The right thing can, in these days

of specialists, always be found if we ook patiently and devotedly for it.

Tomorrow-"Porcelains and Pottery"

What Does This Month Stand For?

Why, Halloween, of course! Now that it is really here, preparations are being made in real earnest for the great night of masquerade and mischief. Are you going to give a party? If you are, send a self-addressed, stamped envelope to the editor of the Woman's Page for editor of the Woman's Fage for some suggestions of a party that is entirely different from the usual Halloween affair, and yet enough on the same order to be just what you



# words, run after them, which we related to do. We decided to give them up and find a new crowd. This we did, but we found we could not agree with them, so we left them. Now that we have given them up we are trying to gain the first crowd's friendship. Contains Valuable Inform Contains Valuable Information

Protein Content of Various Meats, Vegetables, Etc., Is Given in Such a Way That It Is Easily Counted Up

rights reserved

write to my two upseen friends, please?

Dear Jean and Jill—Excuse me for keeping you waiting so long, but I was very busy lately and hadn't the time to write although I found time to read the column every evening.

I regret that we can't meet, but I don't see llow we can arrange it, so we the look for bone and tissue making the body for bone and tissue making the look of the look of the look of the look of the list of the look of the list o don't see how we can arrange it, so we will just have to be good friends and Hence we can see why the child from birth to adult age should have a con-

100		. 1	
1		C	
	Dried beef		
	Corned Leef and canned		
1	All other cuts of beef, about	5	
f	Mutton		
	Fresh pork		
1	Chicken		
1	and the state of t		
n	Full Cream cheese		
4	Full Cream cheese		
3	Nuts. from	0	
	Cod fish		
-	Dried pens, beans, from 25	to	
	Peanut butter		
4	Fresh sausage		
t/	Puelou	10	
	THERE'S		
4	Peanut buiter Fresh sausage Turkey Smoked herring		
	About 15 per cent of an egg is	pi	

tein. This is in the purest form, and reach full adult age. tein, and will average from 7 per cent in flounders to 34 per cent in galmon and may be estimated for a general content as follows:

average of 14 per cent. The starchy or enrishydrate content of our diet is necessary for supplying heat and energy to the body. gives us power to do our work. This Foods rich in carbohydrates are

Brown	sugar						
Mania	ALL COME						oran and
Honey	and water water	o commune	retire of	in a serie			ere e d
1 12 THE T	Charles Service Co.	CONTRACTOR SAFER	CALL ROOM STORY OF	er er sær v			energy of
Maple	strup	400000		* (* . *)			
MARKET	0.4						
Arrow	root or	Corn	staret	1			
Tantoe	21						
Rice			Carre				
Popcor	n		tana.				
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Charme	nl					1/2	

### Great Breakfast Dish

Stewed raisins - delicious energizing, ironizing food. Practically predigested. Also a fine natural laxative.

Make it regular and get the best results. Stewed Raisins

Cover Sun-Maid Seedless Raisins with cold water and add a slice of lemon or orange. Place on fire, bring to a boil and allow to summer for one hour. Sugar may be added but is not necessary, as Sun-Maid Seedless Raisins contain 75 per cent natural from sureman. Sun-Maid Raisins should cost you no more than the following prices: Seeded (in 15 or blue pkgr.) - 20c Seedless (in 15 or red pkgr.) - 16c Seedless (il or.) - 15c

Ask dealers for Sun-Maid Raisins

By MRS. M. A. WILSON for stabilizing the blood stream for the Converget 1922 by Mrs. M. A. Wilson. All bone and tissues. This salt is found most abundantly in all fresh vegetables and fruits, in fish, meats and of foods containing over 25 per eggs. Sugar, cornstarch, lard and tallow have no salt or ash content.

The above schedule will give housewife a knowledge of the value of foods, so that when she is planning a dietary or menu she will know how to have a well-balanced meal. She must have represented in the meal a protein, a starch or carbohydrate, fat, vitamines, Without attempting elaborate calculations, the average adult may figure a menu as follows:

If indoors, working at sedentary or quiet labor, from four to six ounces of protein foods daily, one pound of cat-bobydrate, three-fourths pound of vegetables, taking care to have at least one cupful of the vegetable ration in uncooked food; in salad, for example, The vegetable ration includes such fruits as you may have for breakfast:
Two ounces of fat. This may be in butter or cream, allowing the fat portion of the menu to remain unchanged.

.26 This diet can be used for growing girls and boys, increasing the protein and fat content as they grow older and and reach full adult age. Those who are is easily digested. Fish contains -pro- working at hard manual labor, such as farmers, mechanics, laborers and the

The protein six to ten ounces. Starches or carbohydrates, one and one-fourth pounds. Vegetables about the same.

Fat content from three and one-half to four ounces. It is far better to portion this food into five meals rather than three, eat-

ing a mid-morning lunch and a beforebedtime supper.

Nowadays

Many are the jackets that take upon themselves a different material from the skirts they are worn with. For example, a ribbed velours jacket will appear with a plain velour skirt or 79 vice versa, and a brocaded velvet coat is apt to top off a solid color velvet skirt. Braid is used extensively on all these new suit models and some of all these new suit models and some of per the most stunning blue ones have pipings of red. In this latter case, the vivid tint frequently occurs in kid. Some of the suits are severely tailored and their notched collars are bound with braid corresponding to the hem of the coat and the edge of the

#### Shut-In Exchange Useful and Fancy Articles

Embroidered Initials 205 S. 16th Street

Cedar Wararoves AMERICHEN CABINETS
BREAKFAST ROOM SETS
Woodwork Wood Cedar Wardrobes and Chests FREDERICK R. GERRY CO.



A Spanish Pump

In Patent and Satin Combinations. Strictly up - to - the - minute in style. Perfect fitting Freshly Received limited number only

939 MARKET ST. 2 Entrances 1 NORTH 10TH ST. All One Store

AND 20 S. 52D ST. Parcel Post. 10c

The Girl Who Has Stayed at Home Can You Tell? By R. J. and A. W. Bodmer Is Happiest When School Starts In What Cold Light Is

companied by heat. When we consume Her Mind Is So Stale From Having Stayed in Its Rut All That Cold light is light which is not ac-Time That She Welcomes Her Return as a Much gas in lighting, about 95 per cent of the energy involved is wasted in Needed Change heat; electric lights cause a similar

waste of about 92 per cent. Cold light

Adventures With a Purse

When the windows rattle, the wind howls down the chimney and whistles by your very door, you think in the

terms of heavy clothes, open fireplaces

and warm bed covering at night time, for when the wind and cold qn icy

wings venture into your room, settling

impudently on the very tip of your nose. You can buy soft, warm woolen

blankets, which will keep you as warm

as the proverbial toast in any color or size you should desire. For twin beds

or a double bed, or an extra-sized single bed, white, plain colors, blue, lavender or pink and gray, priced at \$7, or \$14

For names of shops address Woman's Page Editor or phone Walnut 3000 or Main 1661 between the hours of 9 and 5.

all summer long.

Her smile is the gayest of all, these days of beginning school.

I doubt whether teachers quite understand this girl.

She comes back more delighted than anybody to be back with her friends again, busy again, surrounded once a continuous cold light chemically.
Demonstrations have been given by him
in which the cold light emanating from
a flask containing his substance enabled

a flask containing his substance enabled those present to read any newspaper in a room from which all other light had been excluded. This substance, which he calls luciferin, is obtained by him from some millions of small crustaceans found in Japan about the size of a flea. This luciferin is confined in a flask and made to continue to glow and radiate light by a chemical process which is his own secret.

MERVES may be strangers in her life; the nerves that neurotics talk about; yet it is these sensitive trouble-

which is his own secret.

The substance itself, if left alone, would soon cease to glow, as it must be brought into contact with oxygen to produce light. If left in such contact, however, the lighting qualities would soon burn out, and this is where Harvey's secret process comes in. By this he is enabled to produce contact with oxygen and also take it away again oxygen and also take it away again oxygen and also take it away again vey a secret process comes in. By this he is enabled to produce contact with exygen and also take it away again in such a way as to produce continuous light. It is entirely possible that this discovery can be developed to the point where cold light would be commercially receible.

for a while, resting, having a good time, forgetting about studies, then Tomorrow-What Is the Origin of 'Turnpike''?

air and environment, is to come back at the end of September or early in October, refreshed, revived, with a mind that is eagerly receptive because it is clear and fresh.

To spend the whole summer exactly where you spent the whole winter without school, it's true, but living where everything reminds you of school all the time; to have all your friends go away, leaving you without outside help to take your mind off school; to have no change of any kind from June to N ONE of those quaint, rambling streets, a bit of a way from the beaten track, and yet easily reached, there is a perfectly delightful lady who sells antiques. She has an entire house filled with numbers of things you want no change of any kind from June to September, except freedom from study, is to go back to school in the fall with a mind that is still cluttered with fragments of lessons learned in June and dulled with three months' sameness of thought for your very own. But besides this she has opened a candle and print room in connection with the shop, one room being over entirely to engravings of members of the Court of Henry VIII.

lovely ladies and gallant gentlemen of the fourteenth and fifteenth centuries. THE sharpening of the mind must L come after school starts, in a case Every print in the shop is imported and they can be purchased for as low as

is chemical light. It is the same kind of light as the fire fly produces when he glows. The female of the glow worms is the only one with the light and she flashes it to attract the attention of the male. There is no trace of heat in connection with the light of a glow worm or fire fly, and if the idea can be made commercially practicable, there is a chance that lighting bills will come down.

Recently Prof. Harvey, of Princeton, after much study of the way fire flies and other similar organisms produce their lights, has succeeded in producing a continuous cold light chemically.

LONG faces.

That is, long faces are supposed to be the thing now, although they are pretty well concealed by cordial get away somewhere; I wonder if Miss Butler is coming back next year: I wish I'd hear from some of the girls. For school is starting again for the long winter, and girls who have been separated all summer are renewing last year's friendships, greeting old friends and making new ones.

Still it's pretty hard to get back into harness and routine again, after so much freedom and holiday.

It's hard, that is, for everybody but the girl—or it may be those girls—who has had to stay at home doing nothing all summer tires so quickly when sha had to stay at home doing nothing all summer long.

Here will be the way fire flies and making new ones.

Still it's pretty hard to get back into harness and routine again, after so much freedom and holiday.

It's hard, that is, for everybody but the girl—or it may be those girls—who has had to stay at home doing nothing all summer long.

But there has been no rest for her all there has been no rest for her all

But there has been no rest for her all year and she gives way under the strain.

You may think it is enough for her to be free from school work during

The reason it isn't is that at home she is not free from thought of school work, and that can do almost as much harm, in the way of tiring and wearing down the brain and nerves, as school

As soon as you get away from the place where you have been all winter, you forget, without trying to, all the things you have been thinking of; your mind jumps right out of that rut and finds new things to think about. It isn't possible for the girl who stays there all the time to pull her mind out of the rut. It's stuck.

And to her weary, lonely, depressed heart getting back with the girls again is about the most joyous thing that could happen to her.



Watch Tomorrow's Papers

## REMOVAL NOTICE Gartside's Iron Rust Soap

Iron Rust, Ink. Fruit and Medicine Stains From Clothing, Marble, Etc., Since 1904 WILL NOT INJURE THE FABRIC

10c

Sold by all Drug, Grocery and Dry Goods Stores



# "Makes the Jelly Jell"

Think of the delicious fruits that have always been so hard to make into good jelly such as oranges, peaches, pineapples, fully ripened grapes, plums. With Pen-Jel they make perfect jelly in six minutes!

What is Pen-Jel? It's a perfectly natural product, the element found in some fruits which causes their juice to jell. Pen-Jel is just the right combination of this pure fruit pectin-in dry powder form-pure fruit tartness, and the finest cane sugar. Keeps indefinitely even after the package is opened. (Not to be confused with gelatine products.)

Dissolve a package of Pen-Jel in 2 cups of fruit juice, then bring to quick boil. Add 2 rounded cups granulated sugar, and boil 3 to 4 minutes, stirring constantly. Cool slightly, skim, and pour into glasses. It seems incredible but with Pen-Jel it's as easy to make a glass of jelly as a cup of coffee-and it's absolutely unfailing!

Order a package today and try Pen-Jel with any kind of fruit juice-fresh, canned or dried-you happen to have on hand. Pen-Jel furnishes the most economical and satisfactory way to make jelly.

PENNSYLVANIA SUGAR CO. (Pen-Jel Division) Philadelphia, Pa.

PENNSYLVANIA SUGAR CO

With Pen-Jel, conserves and marmalades of all

kinds may be made in 30 minutes. Does away with hours of standing, cuts down cost of fuel, and

eliminates waste of fruit through long bolling.