

OF INTEREST TO THE WOMEN

Does It Pay to Be Neighborly

By BEATRICE FAIRFAX
Are you one of the people who have lived for ten years in a great apartment house and have no idea who occupies the floor above them, the floor below, or, perhaps, even the apartment across the hall?

Nowadays very few people are friends with the "folks next door." The kindly little word in which people shared the joys and sorrows of the neighborhood has grown from simple town ways to over-dignified city ones.

Down in the village from which your grandmother came you shared whatever of good or ill came to the people in the houses around and, incidentally, their butter, or eggs, when you happened to run short; and there was a great deal of happy warmth in hearts and manners.

City life has changed all this. Now you don't know anybody until you've been introduced, and unless you want to lose your social position, you put on your hat and gloves when you are going to the shop around the corner. The chill, stiff, staring attitude of the average fashionable street in a big city is calculated to make a newcomer want to emigrate back to the country or even to the swarming slums where everybody knows everybody else.

There can be nothing more disheartening than the chilly state of things which meets the family coming in to the city from some warm little village of ten thousand gossip, inquisitive, but altogether neighborly and friendly people.

A Lofly Dignity
Sitting in lonely, lofty dignity and ignoring all the pleasant people about you seems to be considered quite the correct thing in the city. It isn't correct—it's only dreary and foolish and stodgy and altogether absurd.

Dotted all over our land there are villages where the kindly country ways are still enforced. There people drop into each other's houses at all hours of the day and night in the happy fashion of genuine friends. No one is ever too busy or too cold-bloodedly absorbed in his own affairs and his search for money and position needs help over a rough place or sympathy with some one who is bursting with good news he "just has to tell."

One of the tragedies of city life is that far too many of us have learned to be cruelly suspicious of people we don't know, and so are afraid to give the benefit of the doubt to folk about whom we have not an absolute written guarantee of respectability.

A few years ago in the Middle West men used to boast that they always believed a man honest unless he proved himself a thief. But in the big cities the rule seems to be to believe people thieves until they prove themselves honest. Can't we recover some of the old neighborliness of heart and spirit which will make it possible for us to give a friendly greeting to the people who live about us? Can't we learn to feel that the joys and sorrows, the hopes and fears and the moments, great and small, of those who have been brought close to us in the congestion of city life are really close to our hearts too?

So many of us fear to be neighborly. We imagine our kindly motives will be questioned and our friendly impulses put down to all sorts of self-seeking, cold-blooded, mercenary or otherwise evil intentions.

Everyone in the world is more or less lonely-looking and longing for understanding and sympathy. Can't we bring a little of the neighborliness of the country into our city life?

SERGE IS USEFUL IN GYM COSTUME

Plaids Are Pretty For Young Girls With Trimmings of Plain Goods



9238 (With Basting Line and Added Seam Allowance) Girl's Gymnasium Costume, 8 to 14 years.

This is a frock that can be made adapted to school wear or to the gymnasium. It is accompanied by separate bloomers. The bloomers are of circular shaping, plain at the waist and full at the knees. The dress itself may be made as it is on the figure or with a square neck and without sleeves, or it may be made with a high neck and short sleeves. For the gymnasium the shorter sleeves will of course be desirable. For the school frock, the treatment shown on the figure is in every way desirable. There, a plaid woolen material is trimmed with plain. Blue serge is pretty made in this way, both for school and for the gymnasium, and a great many mothers will like to use the pattern for linen and pique and gingham and galatea and washable materials of such sort. The bloomers also are good to be used separately.

For the 12 year size the dress will require, 5 1/2 yards of material 27 inches wide, 4 yards 36, 3 3/4 yards 44, with 3/4 yard 36 inches wide for the trimming; for the bloomers will be needed, 2 1/2 yards 27, 1 1/2 yards 36 or 44 inches.

The May Manton pattern No. 9238 is cut in sizes for girls from 8 to 14 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of fifteen cents.

MEALS SHOULD BE WELL BALANCED

Be Sure You Provide Proper Foods For Your Family

I have heard mothers say with an assumed anxiety in their voices that their children had such enormous appetites "actually going to the pantry for more to eat right from the table." The viceroy was so thin that the delighted pride in what they considered the abundant health of their offspring shown through their apparent concern. Dear Mrs. Housekeepers, will you be shocked when I tell you that such a thing is the result of a form of starvation? Perhaps your meals have been composed of too many starchy substances and too little protein; too much fat and too little mineral foods. An unnatural craving for more food when the stomach should be satisfied is only nature's way of asking for the necessary health giving properties which have been denied. We see this instinct in the domesticated animals. Watch a dog or a cat when turned outdoors. They hunt up the long juicy grasses to eat because such food is never provided for them. As far as possible every well-balanced diet should have foods containing proteins, starches, fats, minerals or acids and liquids. The average housewife who is ignorant of the laws of chemistry (yet I have heard higher education decried as unfitting a woman for the kitchen) cooks by blind instinct. The result is the deadly sameness to which so many American families are the victims today with the ensuing train of low vitality, exhausted nerves, anaemia, etc.

If a little careful thought is given to the combining of foods for a meal, a less amount will be really needed and household bills will be reduced accordingly. This is because the chemical value of each particular item of food has its work to perform on a particular part of that marvelously intricate piece of machinery, the human body. When every bit of body and brain tissue is supplied with a portion of its own individual life giving property, the craving for food stops—in other words, the appetite is satisfied.

The following suggestive menus are arranged on the scientific food value basis and in accordance with the prevailing high cost of materials. I have used left-overs wherever possible and have added receipts for such dishes as I thought might need special explanation.

Monday
Breakfast—Baked apple slices, cooked cereal and cream, baking powder biscuit, coffee.

Dinner—Stuffed shoulder of lamb, brown gravy, mashed potatoes, spinach, bread pudding.

Supper—Weil rarebit on toast, escalloped tomatoes with rice, lettuce with French dressing, mixed nuts, and tea.

Tuesday
Breakfast—Stewed apples, shredded wheat biscuit with cream, fairy toast, coffee.

Dinner—Bean soup, green peas, lamb croquettes, escalloped potatoes, chocolate cornstarch.

Supper—Fried bananas, mashed turnips, lettuce with mayonnaise, cake, tea.

Wednesday
Breakfast—Sliced bananas, sliced bacon, creamed, pancakes, coffee.

Dinner—One rib beef roast, brown gravy, baked potatoes, string beans, brown betty.

Supper—Potato bisque, tomato omelet, escalloped onions, vegetable salad, mayonnaise, wafers, hot cocoa.

Thursday
Breakfast—Oranges, boiled hominy grits with cream, fried French toast, coffee.

Dinner—Meat pie: (potatoes, onions, meat, stock), meat salad, mayonnaise, lemon jelly, cake.

Supper—Fried eggplant, macaroni with cheese, hot popovers, fruit.

Friday
Breakfast—Stewed prunes, prepared cereal with cream, plain toast, coffee.

Dinner—Broiled Lallbut or salmon steaks, boiled cabbage, French fried potatoes, lemon pie.

Supper—Hot cheese sandwiches, cold salmon, crackers, peanut butter, nuts, cake, hot cocoa.

Saturday
Breakfast—Orange juice in cups, shredded wheat biscuit with cream, sausage, hurry-ups, meat coffee.

Dinner—Baked liver baked potatoes, boiled custard.

Supper—Toad-in-the-hole, celery, fried apples, tea, preserves.

Sunday
Breakfast—Grapefruit, kidney stew, plain toast, coffee.

Dinner—Roast chicken, browned potatoes, Virginia corn pudding, creamed asparagus, ice cream, cake.

Supper—Hot cheese sandwiches, cold salmon, crackers, peanut butter, nuts, cake, hot cocoa.

Where the heavy meal is preferred in the middle of the day the supper menus can be used as luncheon.

Fairy Toast.—Remove crusts and lay bread flat on the broiler. Before toasting butter thickly and grate lemon peel over the butter and a very small pinch of nutmeg.

Hurry-ups.—1 cupful Mother's Oats or other uncooked cereal, 1 tablespoon shortening, 1 cup flour, 1 tablespoon sugar, 2 teaspoons baking powder, 1 teaspoon salt, one-half cup milk. Drop on greased pans and bake in quick oven.

Baked Liver.—Select two to three pounds beef liver in one piece. Soak in salt water one hour. Cut small holes in the liver and insert suet. Dice one bunch carrots, 6 onions. Add one can tomatoes. Pour all over liver and bake. Thicken the juice left in the pan and serve as gravy.

Toad-in-the-Hole.—Chop any left-over meat and put in baking dish with 1 beaten egg. Mix with 1 cup flour, one-half teaspoon salt, pepper and celery salt to taste. Bake in moderate oven.

Hot Cheese Sandwiches.—One roll snappy cheese, 1 beaten egg, 1 tablespoon catsup or Worcestershire sauce, one-quarter teaspoon salt, one-quarter teaspoon mustard, bacon, bread. Cream any cheese, add egg and seasoning. Spread on the bread. Place a thin slice of bacon on each piece and bake in quick oven until bacon is crisp.

—ANNA HAMILTON WOOD.

USE THE DIAL!



Better Service---Wider Service---
And
IT COSTS LESS



Would you pay sixty cents a dozen for cold storage eggs when you can get them "fresh from the farm" for forty-five?
Why not apply the same hard business judgment to your telephone service?
Not only do you get quicker, surer, more accurate service when you use

The Automatic

but the rates are much lower than on the out-of-date manual system with its tiresome waits for the operator, "wrong number" nuisance, premature "disconnections," false "busy" reports and so on.

Not only are the rates in the city lower, but you have free service to all points within our "Free Zone" instead of paying your good, hard cash for "toll" as on the manual.

Compare the rates for yourself! When you see how much you save with the superior Automatic, Dial 2289 and order the service to-day.

--- Annual Rates Compared

		(In the City)	
RESIDENCE	AUTOMATIC	MANUAL	
Private Ring Party line	\$18.00	One and Two Ring Party Line	\$24.00
Private Line	\$36.00	Private Line	\$36.00
BUSINESS—			
Private Ring Party Line	\$24.00	One and Two Ring Party Line	\$39.00
Private Line	\$48.00	Private Line	\$60.00

		(In the Suburbs)			
TOWN	AUTOMATIC	MANUAL	TOWN	AUTOMATIC	MANUAL
Marysville	Free	\$10	Shellsville	Free	\$10
New Kingston	Free	\$10	Union Deposit	Free	\$10
Mechanicsburg	Free	\$10	Hornersville	Free	\$10
Shiremanstown	Free	\$10	Swatara	Free	\$10
Grantham	Free	\$10	Hummelstown	Free	\$10
Bowmansdale	Free	\$10	Hershey	Free	\$15
Dauphin	Free	\$10	Hockersville	Free	\$15

Give yourself a Christmas present that will give you satisfaction and save you money —ALL THE YEAR 'ROUND.

Cumberland Valley Telephone Company of Penna.

"AT THE SIGN OF THE DIAL" FEDERAL SQUARE

LET'S SURPRISE MOTHER

Daddy and the children schemed for weeks about what to give Mother.

They finally decided on a gas reading lamp and a gas iron. So Daddy arranged to have them delivered just before Christmas.

Imagine her delight when she came down stairs Christmas morning.

The gas iron will save her many weary steps and she will be happy doing her sewing in the clear, mellow light of the gas lamp. Daddy will enjoy the long Winter evenings reading and the children will not strain their eyes over their books.

Our showroom is full of Christmas suggestions which reflect good judgment. Make your selection now and we will be pleased to deliver it whenever you desire. If you wish, convenient term payments will be arranged.

HARRISBURG GAS COMPANY
14 S. Second St. Bell 2028—Cumb. Val. 2221

What Is Christmas

without a rousing fire?

Think of a Christmas day spent in a cold, damp room.

The poor who may do without the warm comfort of the fire during other days, find Christmas in the cold a day of bleak despair. Many persons are in need of the necessities of life.

Many homes are without a father, and the mother is making desperate efforts to keep "the wolf from the door."

And many fathers are not able to work so that these families have little for which to be thankful and are really suffering for want of a warm room.

The charitable organizations can always tell where to put some coal where it will make a poor home merry. The city doctors, the police, the district nurses, your minister and all who deal with or are in touch with the poor will gladly tell you the names of those in need.

We will deliver any amount of "Christmas Coal," no difference how small the order.

United Ice & Coal Co.

Forster & Cowden Third & Boas Hummel & Mulberry 15th & Chestnut

Also Steelton, Pa.

The Telegraph Bindery
Will Rebind Your Bible Satisfactorily

Clear Baby's Scalp Of Dandruff



With Shampoos Cuticura Soap

Preceded by touches of Cuticura Ointment to spots of itching, dandruff, crusts and scales. Absolutely nothing better. **Sample Each Free by Mail** With 25-c. book on the skin. Address post-card: "Cuticura, Dept. 2F, Boston." Sold everywhere.

FLORIDA "BY SEA" Jacksonville

Baltimore to Jacksonville (Calling at Savannah) Delightful Sail
Fine Steamers, Low Fares, Best Service.
Plan Your Trip to include "Finest Coastwise Trips in the World" Illustrated Booklet on Request. HITCHCOCK & MINKS TRAV. CO. W. P. TURNER, G. P. A. Balto., Md.

GREGORIAN HOTEL
357 1/2 STREET
Bet. 5th Ave. & Broadway.
Fireproof—Modern—Central.
300 ROOMS WITH BATHS.
\$2.00 to \$3.50 Per Day
—also: Table d'Hote and a la Carte
WRITE FOR BOOKLET.
D. P. RITCHIEY, PROP.

Use Telegraph Want Ads

SANITOL TOOTH POWDER OR PASTE
Your teeth may be discolored;—a week's use of SANITOL Tooth Powder or Tooth Paste will improve them; continued use will transform them.
It's White Because It's Pure
Highest Award—Panama-Pacific Exposition

For Quick Reading
NEW LONDON, Conn.—A mistaken bell signal given by Captain John H. Gurney, of the tug T. A. Scott, Jr., when that vessel and the German submarine Deutschland were drawing close together in the swirling waters off Race Rock, in Long Island sound, was responsible for the collision between the two vessels on November 17 which resulted in the loss of the tug and its crew, according to the findings of the federal steamboat inspectors, made public yesterday. Captain Paul

Koenig, of the Deutschland, is exonerated from blame.
WILKES-BARRE, PA.—A boiler in the engine room of the Jefferson public school at Pittston exploded yesterday afternoon, wrecking the basement and violently shaking the building. The pupils, who had just returned for the afternoon session, were marched to safety in charge of their teachers and none was hurt or injured. The explosion caused several hundred dollars' worth of damage, breaking the windows and cracking several of the walls. The cause of the accident is not yet been determined.
MATAMORAS ENTERTAINMENT—Halifax, Pa., Dec. 20.—A Christmas entertainment will be held by the Bethel Union Sunday school of Matamoras on Christmas evening, December 25. An excellent program is preparation and the entertainment promises to be the best held in the place for several years.

CASTORIA For Infants and Children. The Kind You Have Always Bought
Bears the Signature of *Dr. J. C. Fletcher*