SOME SOUR MILK RECIPES GIVEN BY MRS. WILSON

Bulgarian Housewives Use This Alone as a Delicacy, but Americans Prefer to Combine It With Something Else

By MRS. M. A. WILSON

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BULGARIAN and Rumanian housewives tell of the wonderful health-giving qualities of fermented milk. Physicians have found that folk in these countries live to extreme advanced age, due to the fact that a liberal amount of sour milk is used.

Upon investigation, the chemical reason is quite plain. The lactic acid ferment in sour milk acts directly upon the bacteria in the intestines, neutralizes the poisons and increases and stimulates the activity of the entire intestinal tract.

In Bulgaria, not only sour milk, but thick sour cream is served with rye bread and a dish of either fresh or stewed fruit. This is similar to the thick clotted cream of Devonshire.

Buttermilk, both natural and artificially prepared, is a wholesome beverage for the summer days.

Tablets for preparing fermented and artificial buttermilk are obtainable in drug stores. Simply follow the directions and it takes but a few minutes to prepare two or three quarts of this wholesome beverage.

If you are unable to utilize all the milk, after it is prepared, the milk may be turned into a pan and heated gently to blood heat or about 100 degrees Fahrenheit, for one-half hour, and then poured into a sieve lined with a piece of cheesecloth and left to drain for two hours. You will have a delicious pot of Dutch cheese which can be used for salad or sandwiches. Sour milk also may be used in baking and salad dressings for variety.

Sour Milk Biscuits

Place in a mixing bowl

One cup of sour milk,
One and one-quarter level teaspoon of baking soda,
One level teaspoon of salt,
Two level tablespoons of sugar,
Two level tablespoons of vegetable cooking oil.

Beat to mix thoroughly and then add three and one-half cups of flour. Work to a smooth elastic dough and then turn on a pastry board and pat out one inch thick. Cut and then place on a baking sheet and bake in a hot oven from twelve to fifteen minutes.

Sour Milk Gingerbread

Place in a mixing bowl

Three-quarters cup of molasses,
One-half cup of sugar,
Two-thirds cup of sour milk,
One teaspoon of salt,
One and one-half teaspoons of baking soda,
Six tablespoons of vegetable cooking oil.

Beat to mix thoroughly and then add

One and one-half teaspoons of cinnamon,
One teaspoon of ginger,
One-half teaspoon of allspice,
One-half teaspoon of cloves,
Two and one-half cups of flour.

Beat to mix and then turn in well-greased and floured loaf-shaped pan and bake for fifty minutes in a slow oven. Raisins, chopped nuts and cocoanut may be used for variety.

Ginger Cup Cakes

Place in a mixing bowl:

One cup of sour milk,
One and one-half teaspoons of baking soda,
One teaspoon of salt,
Two teaspoons of cinnamon,
One teaspoon of ginger,
One-half teaspoon of allspice,
One-half teaspoon of cloves,
One-half cup of shortening,
Two-thirds cup of sugar,
One cup of molasses,
Three cups of flour.

Beat to mix thoroughly and then bake in muffin pans in a hot oven for twenty minutes.

Sour Milk Whole Wheat Bread

This bread has splendid food values and affords variety. Place in a mixing bowl:

One and one-half cups of sour milk,
Two level teaspoons of baking soda,
Two tablespoons of sugar,
One teaspoon of salt.

Beat to mix and then add:

Four tablespoons of vegetable cooking oil,
Five cups of flour,
One cup of raisins,
One cup of chopped peanuts.

Mix by chopping and turning just like mixing mortar. Now grease and flour two narrow loaf-shaped pans and divide the dough into the pans. Spread the top smoothly and bake in moderate oven for thirty-five minutes. If this bread is a day old when cut it will be delicious.

The Prize Menu Contest

offers three prizes for the best menu for a dollar-and-a-half dinner for four persons. The prizes are as follows:

First, $2.50.
Second, $1.
Third, $1.

Your menu must consist of foods that are staple and in season. A sales slip for all materials used must accompany it. Your name and address and the date must be clearly written. Address all menus to

Mrs. Wilson's Menu Contest
Evening Public Ledger
Independence Square

Sour Cream Pie

Line a deep pie plate with plain pastry and then spread:

One-half cup of fine crumbs,
One-half cup of finely chopped raisins.

On the bottom of the prepared pie plate. Now place in a bowl:

One cup of sour cream,
Six tablespoons of sugar,
One-half teaspoon of nutmeg,
Yolks of two eggs.

Beat to mix and then fold in the stiffly beaten whites of eggs. Turn in the prepared pie plate and bake in a slow oven for thirty minutes.

Sour Cream Cucumber Dressing

This famous old southern dressing can be served on cold meats, fish or salad. Pare and grate one medium-sized cucumber and then put through a sieve to remove the seeds. Now mince very fine

Two red peppers,
One medium-sized onion.

Add to the cucumber, peppers and onions

One teaspoon of salt,
One teaspoon of paprika,
One teaspoon of mustard.

Stir to mix and then fold gently in one cup of sour cream which has been stirred stiff.

Buttermilk Bag Pudding

Scald the pudding cloth and then dip in cold water. Rub well with shortening and then dust lightly with flour. Set aside until needed. Place in a bowl

One and one-quarter cups of buttermilk,
One and one-half teaspoons of baking soda,
One teaspoon of nutmeg,
Two-thirds cup of finely chopped suet,
One cup of brown sugar,
One cup of seeded raisins,
One teaspoon of salt,
One cup of fine bread crumbs,
Two cups of flour.

Beat to mix thoroughly and then turn in the prepared cloth and tie, allowing the pudding room to swell. Plunge into boiling water and cook for one and one-quarter hours. Serve with sour cream pudding sauce.

Sour Cream Pudding Sauce

Place one and one-half cups of milk in a saucepan and add

Four tablespoons of cornstarch,
One well-beaten egg.

Stir to dissolve the starch and then bring to a boil and cook for three minutes. Then add

One-half cup of sugar,
One cup of thick sour cream, whipped stiff,
One-half cup of marshmallow whip,
One teaspoon of vanilla,
One-quarter teaspoon of nutmeg extract.

Beat to mix and then use.

Cold leftover pudding may be cut in thin slices and then dipped in a batter and fried until golden brown. Serve with plain vanilla sauce.

Sour Milk Bread Griddle Cakes

Place in a large pitcher

Two cups of sour milk,
One and one-half cups of fine bread crumbs,
One teaspoon of salt.

Beat to mix and then let stand for one hour. Now add

Two cups of sifted flour,
Two tablespoons of shortening,
Two tablespoons of sirup,
One and one-quarter level teaspoons of baking soda, dissolved in
One-quarter cup of cold water.

Beat to mix and bake on a hot griddle. Serve maple syrup, honey or molasses with these griddle cakes.

This makes a splendid change for breakfast during the summer. Or this mixture may be baked in a waffle iron.

Mrs. Wilson's Menu Contest

My Dear Mrs. Wilson—I am inclosing a menu printed in the paper in your contest. The writer buys beef at twenty-four cents a pound. As I have just had a pot roast, three pounds, and paid forty-eight cents a pound for it, I would like to shop at her meat market. From her address it must be in the Kosher district. Please print things in reason, not to fill up your paper, and if you would like a few points for a full meal I will send you my menu for the last week, also my sales slips for them. Kindly publish this letter for the sake of struggling housewives.

MRS. L. J. H.

I cannot agree with you in this. As to the prices, the woman who takes her basket and shops may easily obtain these reasonably priced meats. As a matter of fact, in many butcher shops skin beef cuts from the neck can be purchased at the prices named in this menu which is twenty-four cents a pound. Kosher meat is strictly high grade meat, for the laws of dietary of the Jewish religion forbid any but absolutely first-class cattle for butchering. Evidently you purchased your cut for the pot roast of either rump or round, which are quite expensive. I assure you the prices mentioned in the menus are all possible, no matter how low they may seem as you read them over.

My Dear Mrs. Wilson—I would like to submit the following menu for the contest: MRS. J. M.

Breaded Veal Cutlet
Potatoes Parsley Gravy
Cream Onion, Spinach, Salad or Cucumber
Bread, Butter, Tea or Coffee
Hot Biscuits or Coffee Cakes

See reply to Mrs. R. H. B.

My Dear Mrs. Wilson—I would like to submit the following menu for the contest: MRS. R. H. B.

Cream of Tomato Soup
Boiled New Potatoes Spinach
Broiled Meat Cakes
Crisp Lettuce Bread
Strawberries Tea

Fried and broiled meats are taboo in this contest. Try some real home made dishes next time.

My Dear Mrs. Wilson—I am sending the following menu for the contest: MRS. B. B. M

Clam Bouillon
Creamed Dried Beef
New Potatoes
Tomato Salad with Mayonnaise Radishes
Bread and Butter
Strawberries Vanilla Wafers Tea

There is not sufficient food for four hungry people in this menu, I'm afraid. Try again with more of a meal.

The Question Corner

Today's Inquiries

1. How can ink stains be removed from a desk?
2. When a rattan porch chair begins to sag and lose its spring, how can it be tightened up again?
3. Describe an attractive trimming used on the short sleeve of a blue serge dress.
4. What addition to a cretonne lampshade will give a pretty glow?
5. When leather furniture is very old and shabby, what "lotion" is good for it?
6. What material is popular for summer sport or afternoon hats?

Yesterday's Answers

1. A necessary precaution in washing woolens is to have an even lukewarm temperature of the water in order to keep them soft and prevent shrinking.
2. A cool, dainty pair of bedroom slippers for summer wear is crocheted in a filet design and sewed to a soft sole.
3. Several detachable sets of flower trimmings made of raffia will make one rough straw hat harmonize with various dresses of different colors.
4. An attractive "set" for the tennis costume is a sweater, neck ribbon, hatband and racket cover of the same color.
5. The most popular necklaces for this season are made of oblong links in various colors.

An aid to the home dressmaker who makes her husband's shirts is a ready-made collar band in the proper sizes.

This Makes the Curl Stay In Your Hair

The silmerine method is unusually popular just now, according to the druggists. This is largely due to the warm weather and because women are now spending so much of their time out of doors. This simple method not only produces the loveliest, natural-looking curls and waves, but it keeps the hair in curl no matter how hot or how moist the day or how hard the wind blows.

All one need do is to wet a clean tooth brush with liquid silmerine, draw this through the hair before doing it up, and the hair will dry in just the sweetest waves and ripples. This will also keep the hair beautifully soft, silky and lustrous. A few ounces of liquid silmerine will last for months.—Adv.

Honor List

I. Frey, 4303 Baltimore avenue

MENU
Deviled Eggs Baked Stuffed Potatoes
Creamed Asparagus
Buttered Beets
Lettuce, Dutch Salad Dressing
Bread and Butter Tea
Rhubarb and Strawberries
(Stewed together)

SALES SLIP

Eight eggs	$ .32
Mustard and spices	.04
Four potatoes	.08
One-quarter-pound hamburg	.07
Onions	.02
One bunch asparagus	.25
Milk and butter	.05
Two bunches beets	.16
Butter	.02
One head lettuce	.05
Bacon, vinegar, etc	.03
Bread and butter	.14
Tea	.02
One bunch rhubarb	.07
One-half-pint strawberries	.07
Sugar and seasoning	.10
Total	$1.49

Mrs. J. A. Whitecar, Camden, N. J.

MENU
Pot Roast of Beef
New Brown Potatoes With Gravy
Swiss Chard Buttered Beets
Lettuce
Strawberry Gelatin With Marshmallow Whip
Bread and Butter Coffee

SALES SLIP

Two pounds beef, at 30c	$ .60
Quart of potatoes	.15
Swiss chard	.15
Bunch beets	.05
Lettuce	.08
Gelatin	.11
One-quarter box marshmallow whip	.06
One-eighth pound butterine	.05
One-quarter loaf bread	.03
Coffee and sugar	.10
One-half pint milk	.04
Flour for gravy and seasoning	.04
Total	$1.50

Mrs. L. S. G., Perkasie, Pa.

MENU
Veal Kidney en Casserole
Buttered String Beans Creamed Beets
Homemade Piccalilli
Bread Butter Grape Jelly
Cherry Pudding Iced Tea

SALES SLIP

One kidney	$ .15
Bacon	.10
One-quarter pound of potatoes	.03
One-quarter peck of beans	.20
One bunch beets	.10
Butter	.15
One onion	.01
One lemon, one orange	.05
Tea	.03
Sugar	.15
One pint fresh oxheart cherries	.10
One-half loaf bread	.06
Baking powder and seasonings	.05
Jelly, one glass, homemade	.10
Flour and shortening	.06
One quart milk	.14
Total	$1.48

Adventures With a Purse

THERE is a manufacturer in New York famous for his perfumes and powders. You know his name well. And among his products is a very wonderful soft cold cream that rejuvenates tired skins and soften complexions in trying summer weather. This cold cream can be had for fifty cents a jar. I think it would be a good plan to take away a jar on your vacation.

Here's a little item that might interest you. Artistic little mustard spoons and forks for olives or lemons made from what looks to be an imitation mother of pearl. They are very dainty and are incidentally low-priced. The tags read fifty cents and $1.

One shop has what I am sure must be a new shipment of jade jewelry. I have no assurance that this is a brand-new supply, but it looks so pretty and fresh and green and cool that it must be very new. There are lovely bracelets, some carved in bead sizes. Then there are stunning earrings, some with Chinese characters inscribed on them—most Oriental appearing. And there are metal chains trimmed with jade, and black ribbon sautoirs with jade ornaments. Such a fascinating collection! Prices of most all range from about $1.50 to $3.50 or $4.

DISH-WASHING HELP

It's only a little thing, but it does make dish-washing so much easier. And then you don't have to put your hands into the hot water while you are swishing the mop over plates, knives and forks and in and out of glasses. You just hold the mop serenely by the dry handle and go on swishing without getting your hands hot or wet. If you have an old bath-spray that isn't quite so good as it might be you could easily make one of these dishwashers by cutting off the tube at the desired length and wiring it to the mop with strong picture wire

Instead of Gloves

A Daily Fashion Talk by Florence Rose

Some women are wearing bracelets with their long gloves, and other wear them without. There is a fad in Paris, now, for black gloves and white bracelets to give the necessary contrast. Instead of bracelets some women wear their wrist watches on white ribbons

THERE is never smoke without a fire, and there always seems to be a fashion behind every other fashion.

Take, for instance, the new craze for bracelets.

How did it all come about? Who launched the fad and why?

Most things now are traced back to the war and this goes back to the war conditions that doubled or tripled the price of gloves. Smart French women, finding the price of white long gloves prohibitive, have taken to black gloves when they wear long gloves at all. But they do not like the all-black effect. For you know every true Parisian likes just a dab of white with her black. So they wear a white bracelet.

Sometimes it is not enough to wear one white bracelet. Several are worn at a time, some of pearls mounted in platinum and again bracelets of ivory. To be sure it is not easy to see where the saving comes in, if one must wear platinum-set diamond bracelets or ivory, to save the price of long gloves. However, if one already has the bracelets, why not wear them and dispense with the white gloves? Moreover, charming little bracelets of less expensive materials are to be had and are not eschewed by women of taste. Sometimes the touch of white is secured by wearing a wrist watch on a white ribbon, and I am told that they are wearing bracelets made of hair dyed white.

But not alone does the French woman wear bracelets as a foil to her black gloves. She wears them instead of gloves and women here who have taken up the fad of going gloveless are showing an increasing interest in these arm ornaments. Moreover, for evening wear the extremely long glove is virtually out of the question on account of its high price, and the space between the end of the medium length glove and the beginning of the very short sleeve is a convenient place to display quite an assortment of bracelets. There seems to be no prejudice against wearing many at a time.

A few women recently returned from France are following the French fad for mousquetaire gloves and with them they wear their bracelets in the many creases that are formed by the wrinkling of the gloves.

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THE WOMAN'S EXCHANGE

Her Hair Is Falling Out

To the Editor of Woman's Page:

Dear Madam—I have been in the hospital and I have returned home. My hair has begun to fall out, virtually in bunches. It is rather long, wavy, and very thick. It does grieve a woman to know that she cannot arrange her hair as prettily as in the past, and if you would advise me, immediately, how I can prevent it from falling out and make it grow thick again, I will greatly appreciate your kind advice.

A DAILY READER.

It may be that this has gone too far for any one but an expert to do anything with it. If it hasn't, you can stop the hair from falling by rubbing your scalp with liquid vaseline and massaging the scalp well to let the vaseline sink into it. Then rub the scalp with the tips of the fingers, wetting them in cold water. Of course, if your scalp is diseased with the fever or sickness that you had, it would really be better to go straight to a hair dresser and have it treated, because home remedies are not much good in a case like that. But if it is simply the regulation falling of the hair which comes to every woman at some time or other and frightens her with its threat of "baldness," then the vaseline and the cold water will help.

She Wants Fat, Rosy Cheeks

To the Editor of Woman's Page:

Dear Madam—For the first time I am writing to you. I am a girl of eighteen years. My height is five feet four and my weight is 112. A very nicely built girl, but my face is very, very thin for my build. Can you please advise me of something to use, because my face is so thin. I would love to have nice fat, rosy cheeks.

BLUE-EYED ROSE.

I am afraid you are a little overweight for your height. The correct weight for five feet four is 125. It would be better to reduce down to the size of your cheeks and then they wouldn't look so thin. Exercise is what you need. That will give you a rosy color. Get out in the open air, and walk, play tennis, swim, do everything you can think of that is fun and good exercise. Dancing is good exercise, too. Avoid rich, fattening foods, drink plenty of water between meals, but not much, if any, with your meals. If you prefer to stay as you are and make your face fatter, in proportion to the rest of your body, try rubbing it with cocoa butter. That is a skin food and will fill out holes in your face and neck nicely. But you need the exercise to put color into those cheeks even after they get fat.

This Settles an Argument

To the Editor of Woman's Page:

Dear Madam—To settle an argument, please tell me is it not possible for a young married lady to act as one of the bridesmaids at the wedding of a girl friend? The fact that she is married does not alter the fact that she is a bridesmaid, does it?

The bride never supplies her bridesmaids' dresses, does she? M. E. B.

It is perfectly possible for a young married woman to be a bridesmaid. Plenty of brides who are married later than their best friends have them as bridesmaids. A married woman can be a maid of honor, too, only she is called the matron of honor when she takes that place in the bridal party. The bride does not supply the bridesmaids' dresses. Sometimes, if she is wealthy and they are not, she gives them their hats or slipper buckles, or gloves or something of that kind as her gift, but that is neither necessary nor very usual. The bridesmaids nearly always supply all of their costume themselves. Does this settle the argument—in your favor?

Please Tell Me What to Do

By CYNTHIA

Ask S. O. C.

S. B. M.—The Society for Organizing Charity, at 419 South Fifteenth street, might advise you on social work and perhaps help you to take it up.

How Get Rid of Him?

Dear Cynthia—I am a young girl past eighteen, but look sixteen. Now there is a young man twenty-two past. This young man calls me on the telephone three and four times a week. As I do not care for said young man, what shall I have my parents say to him when he call me up, as I do not like to talk to him?

One day mother told him that I was not at home and he came to the house and saw me going out with another young man. Was it right for him to come to my house when mother told him I was not at home? EDNA C. H.

He seems rather an aggressive young man. Have your family answer: "I'm sorry, she can't talk over the telephone just now." Make the same reply if you happen to answer the telephone yourself, and never give in and talk. Simply hang up after making the answer.

The College Girl Protests

Dear Cynthia—We two girls are now sophomores at two of the leading women's colleges of the country, and although the general thought today is for the higher education of women and although some of us now have the vote, why is it that the college girl is so looked down upon by the young man of today? It is always she who is a wall flower at dances and sits home alone in the evenings, while the light and thoughtless girl has a good time and is very popular with the supposedly nicest boys. Later in life which girl is apt to be of the greatest benefit to her family and to the world? Well, then, what's the matter with us now? We challenge you, young men, through the kindness of Cynthia's column to answer us.

ON THE ROAD TO AN A. B.

Perhaps the young man does not like the idea that you know as much as he does. A clever woman does not let a man realize that she knows as much as he and never that she knows more. And, unfortunately, a great many women who go in for higher education insist on letting every one know it, if not in words, in manner and attiutde at least. Do a bit of self-examination and see where the fault lies.

"De Jure" Calls a Halt

Dear Cynthia—The mud spattered on the fair name of woman by "Jean's" nasty note was washed off by the wholesome fair-mindedness of "Happy's" letter. Thanks, old scout, for the way you took my unintentionally brusque letter.

Of course, I agree that men have accomplished wonders though married, but as often in spite of a girl. In the first case he would no doubt have gone higher and faster without her. My theories do not apply to any man without ambition enough to get somewhere. So you see, "Happy," the odds are against the man. If he is ambitious why should he divert his energies and burden himself when he can travel faster alone? Perhaps a girl might help him, but how is he to know that in any particular case?

Your question is apparently very simple, while as a matter of fact it is based on the why of existence as a whole. The present function of girls is simply to propagate the race without advancement. Aside from this they are assuming other roles, chiefly that of amusing the male in an attempt to capture one. I have often thought that if all girls refused to dress so much there would be a better chance of getting a mate. At present a man can't decide on any particular girl, hating as he does to give up the company of others. Let us standardize their dress, and then perhaps the girls will be picked on their characteristics rather than their appearance. It would simplify things to a great extent.

Cynthia, don't you think we can close the subject now? It's been an interesting battle while it waged, and in the main the various writers have agreed with me, differing only on minor details applicable to particular cases. I don't expect to leave the family and you can expect regular shipments of verbal dynamite. I appreciate indeed the attention of the sensible readers I have received; the others let us forget, for they do not know of what they spoke. DE JURE.

It would not be a bad idea to stop the battle, but Cynthia must say she does not consider that those who did not agree with you did not know about what they were talking. However, you've had a good time writing your theories.

Sorry to cut come of your theories, but religious cults and beliefs are not to be discussed in Cynthia's column.

A domestic economist says: "Never accept a bottle of so-called 'salad oil' at a low price." Use imported

Pompeian Olive Oil

SPENDING THE SUMMER IN SOME ONE ELSE'S HOUSE

Gets You Out of a Rut, Gives You a New Outlook and Makes You Awfully Glad to See That Old Home Again

"WE'VE taken Cousin Martha's house for the summer," she announced. "Cousin Martha always goes to the mountains, you know, and this year, with prices so high and everything, she thought it was a shame to close that perfectly good house that somebody could use and just give up a perfectly good garden, and so she offered it to us. And we're so glad because we're so sick of that old shabby house of ours and there's no way of escaping from it this summer; we can't afford it."

Did you ever live in somebody else's house? You looked forward to it with the greatest pleasure, didn't you? You packed up your treasures and carted them along with you. You locked the door on that little place where you had spent so many, many hours and days and weeks, with no possible chance of getting away, even for a week-end. My, but you were glad to say good-by to it for a while!

Then you settled yourself in the "new" house, didn't you, and unpacked the treasures and found places for them all. That closet in your room—why, it was big enough for the whole family's clothes. And those nice new curtains, so different from the ones you had at home for so long—wasn't it great to get into a different house and see new, different things for a while?

You were there for two months, July and August. It was hot, but it would have been much hotter at home. You had fresh flowers from the bed along the fence on the table for every meal, and you discovered talking machine records that you had never heard before. The only trouble was that the chairs in the living room were not very comfortable. And there didn't seem to be any extra-comfortable chairs in the bedrooms, either. That was a drawback, you had to admit.

THE summer—it was an unusually long, dreary summer that year, do you remember?—dragged on. Somehow the green trees on the dining room wall paper in that house seemed to make it longer and draggier. If only there had been a porch where you could see somebody passing! But way out there on the outskirts of the city all you could see was a few automobiles and a nurse or two wheeling a baby carriage, and, of course, the postman three times a day.

Now at home you'd have been seeing automobiles and people you knew stopping to tell you how hot it was in their house, a fire-engine now and then, trucks from department stores stopping down the row ("I wonder what she's been buying now; she's always coming out in something new") and, oh, lots of interesting things.

Somehow the end of August came. You gathered up your treasures and carted them—home. You unlocked that door that had been closed for so long; you opened the windows and let in the hot, September breeze, and you sat down in a comfortable chair for the first time in two months. Home again!

Oh, it's fine to spend the summer in somebody else's house. It gives you such a fine rest from the tiresome rut that you've been in. It gives you a different outlook on life. And it makes you so glad to see that tiresome, "rutty," old, comfortable "own home" when you get back to it that you don't bother about the tiresomeness or the oldness at all. You just love every homey, homely inch of it!

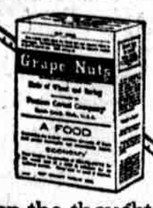
HUSBAND'S
THE MAGNESIA DOCTORS RECOMMEND
for Constipation, Acid Stomach, Indigestion. Can be used as Milk of Magnesia. Sold only by the bottle—never by dose.

500 REFRIGERATORS

$15.00 Genuine Ashwood White Lined — $25.00 3 Door White Lined, Genuine Ashwood
FEINSTEIN STORAGE CO.
S. E. Cor. 9th & Spring Garden Sts.
Open Evgs. Free Auto Delivery

MARINELLO Shops
Muscle strapping for flabby condition of the face and neck
PERMANENT WAVE
KAPNER & KAPNER, 1615 Walnut St.
165 S. Kentucky Ave., Atlantic City

Food For A July Morning



—and every morning when the thought of health enters into the meal time preparation—

Grape-Nuts

This easily digested food needs no sugar, yet it has a most pleasing sweet flavor, and is full of the sound goodness of wheat and malted barley.

"There's a Reason"

PHOTOPLAYS PHOTOPLAYS

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APOLLO 52D & THOMPSON STS. MATINEE DAILY MARSHALL NEILAN'S "THE COUNTRY GOD FORGOT"
ARCADIA CHESTNUT Below 16TH 10 A. M. to 11:15 P. M. MARY MILES MINTER in "JENNY BE GOOD"
BALTIMORE 51st & BALTIMORE Evgs. 6:30. Mat. Sat. REX BEACH'S "THE SILVER HORDE"
BLUEBIRD BROAD STREET AND SUSQUEHANNA AVE. ENID BENNETT in "THE FALSE ROAD"
BROADWAY Broad & Snyder Ave. 2, 6:45 & 9 P. M. BERT LYTTELL in "ALIAS JIMMY VALENTINE"
CAPITOL 722 MARKET STREET 10 A. M. to 11:15 P. M. OLIVE THOMAS in "FOOTLIGHTS AND SHADOWS"
COLONIAL Gtn. & Maplewood Aves. 2:30, 7 and 9 P. M. NORMA TALMADGE in "THE WOMAN GIVES"
EMPRESS MAIN ST., MANAYUNK MATINEE DAILY GLADYS BROCKWELL in "THE WHITE LIE"
FAIRMOUNT 26th & Girard Ave. MATINEE DAILY BRYANT WASHBURN in "MRS. TEMPLE'S TELEGRAM"
FAMILY THEATRE—1311 Market St. 9 A. M. to Midnight J. W. KERRIGAN in "NO, 99"
56TH ST. THEATRE—Below Spruce MATINEE DAILY STAR CAST in "THE UNHAPPY WIFE"
FRANKFORD 4715 FRANKFORD AVENUE WILLIAM FARNUM in "A TALE OF TWO CITIES"
GREAT NORTHERN Broad St. at Erie 7 & 9 P. M. CONSTANCE BINNEY in "THE STOLEN KISS"
IMPERIAL 60TH & WALNUT ST. Mats., 2:30. Evgs., 7 & 9 NAZIMOVA in "THE HEART OF A CHILD"
LEADER 41ST & LANCASTER AVE. MATINEE DAILY DOROTHY DALTON in "THE DARK MIRROR"
LIBERTY Broad & Columbia Ave. Matinee Daily WANDA HAWLEY in "MRS. TEMPLE'S TELEGRAM"
333 MARKET STREET THEATRE 9 A. M. to 11:15 P. M. D. W. GRIFFITH'S "THE GREATEST QUESTION"
MODEL 425 SOUTH ST. Orchestra. Continuous 1 to 11. ALL STAR CAST in "THE KEY TO POWER"
OVERBROOK 63D AND GARRETFORD AVE. MACK SENNETT'S "DOWN ON THE FARM"
PALACE 1214 MARKET STREET 10 A. M. to 11:15 P. M. W. S. HART in "SAND"
PRINCESS 1018 MARKET STREET 8:30 A. M. to 11:15 P. M. ETHEL CLAYTON in "WHIMS OF SOCIETY"
REGENT MARKET ST. Below 17TH 9:45 A. M. to 11 P. M. DOROTHY GISH in "REMODELING HER HUSBAND"
RIALTO GERMANTOWN AVE. AT TULPEHOCKEN ST. MARSHALL NEILAN'S "THE RIVER'S END"
RUBY MARKET ST. BELOW 7TH 10 A. M. to 11:15 P. M. EDITH DAY in "CHILDREN NOT WANTED"
SAVOY 1211 MARKET STREET 8 A. M. TO MIDNIGHT ARLINE PRETTY in "THE VALLEY OF DOUBT"
SHERWOOD 54th and Baltimore Mat., 2; Evg., 6:30 ELAINE HAMMERSTEIN in "THE WOMAN GAME"
STANLEY MARKET ABOVE 16TH 11:15 A. M. to 11:15 P. M. CLARA KIMBALL YOUNG in "FOR THE SOUL OF RAFAEL"
VICTORIA MARKET ABOVE 9TH 9 A. M. to 11:15 P. M. TOM MIX in "DESERT LOVE"
THE NIXON-NIRDLINGER THEATRES
BELMONT 52D ABOVE MARKET FRANK KEENAN in "DOLLAR FOR DOLLAR"
CEDAR 60TH AND CEDAR AVENUE H. B. WALTHALL in "THE CONFESSION"
COLISEUM MARKET BETWEEN 59TH AND 60TH EMMA DUNN in "MOTHER"
JUMBO FRONT ST. & GIRARD AVE. Jumbo Junction on Frankford "L" ANNETTE KELLERMANN in "A DAUGHTER OF THE SEA"
LOCUST 52D AND LOCUST STREETS Mats. 1:30, 3:30. Evgs. 6:30 to 11 HOUSE PETERS in "SILK HUSBANDS AND CALICO WIVES"
NIXON 52D AND MARKET STS. 2:15, 7 and 9 MACK SENNETT'S BATHING GIRLS in "YANKEE DOODLE IN BERLIN"
RIVOLI 52D AND SANSOM STS. Matinee Daily ROSEMARY THEBY in "RIO GRANDE"
STRAND GERMANTOWN AVE. AT VENANGO ST. JOHN BARRYMORE in "DR. JEKYLL AND MR. HYDE"
WEST ALLEGHENY 25th & Allegheny MADGE KENNEDY in "STRICTLY CONFIDENTIAL"
Complete chart showing programs for the week appears Saturday evening and Sunday.

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