## THE CHARLOTTE NEWS NOVEMBER 9, 1919.

Onions, each, 40 calories.

Peas, 100 calories.

portrait | mortalize 'them, Every day they do British soldier. battle with themselves, with their mates and with circumstances. Yei when Eric Sands," they conquer the world calls them Coming in "happy" instead of acclaiming them vterical gavheroes!

ball, it shock. Well, I've gotten off my main theme as usual. a pistol.

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What?

"When a woman thinks she is safest

Is he married or still single, I won-

ara. It both draws and repels me.

I am standing on the edge of some

and I told myself

and said: 1 couldn't was my great dier-charming fellow-in need of nursknow now that it was oneand two-third fear. Yes, interesting! But I'm too fond of my it frankly down. own husband to go fishing for the

Fear of the gentle, hearts of sick soldiers.' "truly who never could hurt nower by the wayside? is the very time she can be taken off 's anger when he knows guard," answered the artist. - coming to America? Fear No; no, no!

your soldier coming?' of myself. Fear that my wistful woman's heart will is able to make it. He will stop with nto stealing something I me. I'm counting on Athena Hast and have no right to take. all her friends to chirk him up," he is this thing I long for? answered.

1 know! It is tenderness; nding; it is sympathy; it mind and heart. me the best he has. Jim der? Is he more prosperous, poor old Nor am I to blame. I chap, than when I knew him? Yet st marital tragedies neith- how happy he was with his journalism.

his books, his tramping boots, his old blame in all good faith. They pipe and 2 pounds in his pocket-his hey know how. It is no salary for a week! Does he dream I am that time brings revela- in New York? But of course not, for and change. hout me, especially in this him of my marriage.

events and temptations My fear is like the cataract of Niag New York, it is not the husbands and wives that feel at one moment like running away It is a marvel to me how and the next like singing wild songs of them manage to stay ami-

and heroines of matri- thing. everywhere. No one sings History does not im-

Saves Labor

Saves Time

Saves Foods

## A LIST OF CALORIES.

The woman who wants to reduce or to gain, if she follows the rational

I controlled my voice with the effort method of attaining the ideal weight frightened woman can always make, by means of diet, must know the ca-"Eric Sands-wounded solloric value of the food she eats. Today I am giving a list of the values of ing and kindness? Sounds frightfully foods served on the average family ta-

Unless otherwise specified, the values are for an average helping. Lean beef steak, 185 calories Tenderloin beet steak, 275 calories.

Roast beef, 175 calories. "Forewarned is forearmed, When is Roast chicken, 180 calories. Lamb chops, 150-250 calories. "Perhaps by the next steamer if he Crisp bacon, one slice, 30 calories. Boiled ham, 250 calories. Fried ham, 400 calories. Lean fish, 135 calories. Fat fish, 260 calories. Then some one claimed me for dance and I heard no more of Eric.

Oysters, each, 8 calories. Cream soups, 125 calories. Consomme, 15 calories. Butter- one-half ounce, 100 calories. Whole milk, one glass, 160 calories. Skimmed milk, one glass, 80 calories. Cream, one tablespoonful, 50 calories. Eggs, each, 80 calories.

(If fried the caloric value is increased because of the fat used). we were in Centerville when I wrote Asparagus, one stalk, 5 calories. Baked beans, 150-300 calories. String beans, 15 calories. Cabbage, 10 calories.

> Cauliflower, 20 calories. Corn, one ear, 100 calories.

is not a matter to worry about, because you are still very young. Cultivate vivacity as much as possible; it goes well with your type. And do not worry over the fact that people still consider you childlike. If you continue to look extremely youthful, you will

be at the height of your popularity at

a time of life when other women of

Sweet potatoes, each, 200 calories.

QUESTIONS AND ANSWERS.

should imagine you to be very attractive. Your trouble probably is that you

have not yet "found yourself." This

Lonesome-From your description I

White potatoes, each, 100 calories.

your age are growing faded. T. H. G .- Try going without corsets and wearing, in their place, hip confiners, which you can lace quite snugly. Twice a day try rolling. This is not always effective, but very frequently it does reduce the size of the hips.

Miss M. S .- Go to the best chiropodist you can find and have the bunions treated. Also wear shoes which allow plenty of toe room and which are cut to allow the large toe to lie perfectly straight.

they would make as good life partners

One of Your Readers-You are five pounds overweight



Dear Mrs. Thompson: I am a man | It would not compromise you to ac-) years old and have been married for cept your sister's invitation. It is only line years, but my wife has been dead natural that she should invite you. months. I have three children.

Dear Mrs. Thompson: Do you girl for six months. She takes great think a fellow who gets acquainted interest in me and I am deeply in with a girl through flirting would love with her. She has been going have much respect for her? with some one else and she thinks well they make good life partners? How can a girl who is backward and is going only with me. I love her win the love of a man? and I want her to marry me, but I Flirting is not a safe way to make

W. F.

circumstance and not The girl probably realizes that she that both respect each other just as too young to marry a widower much. Your question depends en-She seems to tirely upon the character and personality of the girl and man in quesup the other young man. Since you tion. If the girl is really worthy and love her court her for a few months flirted when her better-self was not without mentioning marriage. At uppermost, and if the man is kind and the end of that time she will know appreciates the goodness in the girl, she her mind better and can decide has nothing to fear afterward, and

U. S. WOMAN IS HON ORED AT FIUME BY POET-LEADER

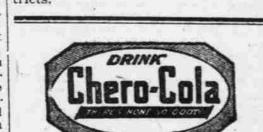
charged exorbitantly. There are only nese of milk and butter and cheese in 200 of these vehicles in the city and plenty, as well as sugar. The farmers have made money until

virtually no taxicabs. One physician wrote to a newspaper that he was they are rich and, as the crown no longcompelled to pay 1,000 crowns to be driver has a purchasing value to speak of, they do not want any more. Here

One anti-Jewish demonstration was tales are told of pianos, phonographs, checked by the police before it had rugs and pictures filling peasant farm reached the riot stage. houses where the city dwellers have ex-As the government now is, with the changed them for food.

The peasants have been warned that Workmen and Soldiers' Council playing such a strong part, there seems no if Vienna really begins to starve this attempt to regulate public transporta- winter they may look for civil war. tion charges and the drivers exact what as the city dwellers will organize and arm and invade the agricultural dis-

they can. At this writing the menace of another tricts. coal famine still hangs over the city. The coal supply is most uncertain and affects transportation so directly that the food supply is seriously involved. The peasants still refuse to let grain come to the city, and are hoarding potatoes and other standard foods. The Vienna papers charge that in the agricultural districts there is ample food of all kinds. Returning travellers from country districts tell the hungry Vien-



# Hard to Beat Haviland When it Comes to China

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One, you know, of thirtyfour Dinnerware patterns on constant sale and display in our Home Furnishings department. All of 'em open stock, too.



can't make her believe it. She takes a great interest in my going to church every Sunday. Please advise me.

hether or not she loves you enough

with three children. care for you or she would not give

Would RUBY. Mrs. John A. Drake.

their honor.

the acquaintance of a man. There Mrs. John A. Drake of New York have been times, however, when a was decorated with the gold medsi of man and woman have met through Fiume by the Italian poet-warrior introduction. d'Annuncio when she and her party reached there recently. The part :: touring in the interest of the American free milk and relief for Italy fund and i. was for her part in the



work of this organization that

d'Annunzio decoraind her. He re-

ceived the parters his h-adquarters

and gave a dinner and reception in

THIRTEEN



