

EDITH STOREY



Probably no "movie" actress has been able to command more favorable consideration from those who regularly visit the picture houses than has charming Edith Storey. Her black hair and raven black eyes add to her strong face, which she uses most effectively in the portrayal of the "heavy" parts which she so frequently plays. She is of medium build and is regarded as pretty.

Beauty Chats

By EDNA KENT FORBES

WHAT CALORIES ARE

AS I have often said before, it isn't how much you eat, to reduce and increase flesh, but what sort of foods you eat. Certain foods contain much more fat building power than others. And the measure of such nourishment is the calorie.

If you want to reduce or increase your weight, or if you want to keep your weight at a certain point, you must find the number of calories of food which you should eat each day. To do this—weigh yourself accurately first. Find out what you should weigh, for your height and age, and multiply what you should weigh by 16. This figure is the number of calories of food that you should eat to remain at that one weight. If you are overweight, eat less than this amount; if you are underweight, eat more.

Here is the caloric value of some of our common foods:

	Calories.
One slice of bread.....	70
One plate thick or cream soup.....	160
One potato, boiled or baked.....	90
One teaspoon clear soup.....	20
1 1/2 ounces lean meat.....	70
1/2 ounce fat meat.....	200
One egg.....	75
One glass milk.....	150
One oyster.....	8
One apple.....	75
One banana.....	100
One heaping teaspoon sugar.....	35
One tablespoonful ice cream.....	135

And so on. I have picked out a few of the commoner foods included in the daily diet. From these you can see that if you eat less than half your usual amount of meat, if it is fat



You Can Eat as Much as You Like if Your Food Has Only a Small Number of Calories of Fat.

meat you still are getting almost three times as much fattening nourishment as though it were lean meat.

No woman who wants to reduce should touch bacon, pork, ham, or such meats. Fowls, steak, such meats as are lean, will give strength without too much fatty tissue. Oysters are a good choice, they have so little fat. Clear soups, as you can see, produce much less fat than cream soups. A breakfast of a few slices of toast with butter and one cup of coffee with three lumps of sugar and cream, has more fat in it than a full meal of reducing foods. Yet one fat woman told me she continued to gain, though that was all she ever ate for breakfast.

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# New Telephone Rates Are Necessary

## A Statement to the Public

by H. F. THURBER, President

NEW YORK TELEPHONE COMPANY

OUR existing rates for telephone service in New York State are inadequate. The revenue they produce is insufficient to pay our operating expenses, provide for necessary reserves and secure the fair return required to attract new capital for extensions and additions to the system.

It is not strange that this should be the case. Our revenues are not keeping up with our expenses. All telephone materials and supplies have increased enormously in cost; wages have gone up; increases in wages of our employees during the past twelve months to help them meet the higher cost of living amount to \$11,800,000. \$4,100,000 more have been added to our payroll by the employment of additional workers.

To meet the greatest demand for telephone service in our history, we have made extensive additions to the system, which, under present day conditions, have involved an abnormal expense. Our 1920 expansion program in this state calls for an expenditure of over \$30,000,000, and to meet the increasing demand for telephone service, we must expend equally large amounts annually during the next few years.

The continued development of our service depends upon adequate revenue. Inadequate revenue means a repetition in the telephone business of what has happened to the railroads. You know their story. Inadequate rates have stifled their development and every community in the country is suffering as a consequence. Inadequate telephone rates will produce similar results for the system of telephone communication. It is unthinkable that

this will be permitted. Adequate telephone service is of the utmost importance to the public; without it the business and social interests of every community must suffer.

The plain fact is we have reached a point where we cannot maintain a satisfactory and comprehensive telephone service in this state unless we are assured of sufficient additional revenue.

It will be necessary to establish new rates for telephone service and a schedule, which we hope will furnish the needed relief, will be filed within a few days with the Public Service Commission, Second District. This schedule will yield only reasonable assistance. All the facts regarding the necessity for the new rates will be given to the public through the advertising columns of the newspapers and through other channels.

Public sentiment and public necessity demand the maintenance of adequate telephone service. Business men particularly realize this fact. Only recently representative business men in Washington, D. C., in Illinois, in Michigan and in other states have urged the adoption of increases in telephone rates that were necessary in these abnormal times to insure a continuance of good telephone service.

We do not believe the people of the Empire State will fail to realize that the telephone situation in our State deserves the same active consideration. It vitally affects every person in every community we serve. We desire to put our business upon a sound financial basis and we believe that when you know the facts you will support us in this endeavor.

NEW YORK TELEPHONE COMPANY

### Last Night's Dreams

—What They Mean

#### WHEAT.

NOTHING grows in the land of dreams, say the readers of destiny, more favorable to those who see it in their nightly visions than a field of wheat. To look upon a field of the growing grain, or preferably to walk in such a field, foretells a great financial prosperity. To those unmarried this dream indicates success in love beyond their most sanguine ex-

pectations. Not only will they marry the person of their choice but the marriage will be a most happy one and their children will be handsome and well-behaved. All this in addition to the wealth the dream foretells. If you are engaged in a lawsuit a dream-stroll through a wheatfield is a prognostication that the suit will be decided in your favor. In fact you will be successful in all your undertakings if you dream of wheat.

There seems to be some occult connection between the wheat seen in dreams and financial matters which is wholly unconnected with those relations as they exist in the wheat-pit of the produce exchange—and fully as much to be relied on as many grain speculators have found to their cost. In fact speculation in dream wheat has

a decided advantage over speculation in the ordinary kind in that you don't have to put up any margin. To dream that you are eating wheat in the ear indicates that your profits in business are doubly secured. And if you are a farmer and dream that you are giving away wheat you are going to have a most plentiful harvest. There are only two things to be avoided by those dealing in dream wheat. You must not dream that you are buying it; that is as unlucky as it is lucky to dream that you are giving it away. Nor must you carry on your back any quantity, however small, of the phantom grain or you will suffer financial losses. Bearing these two exceptions in mind go to bed resolved to dream of wheat.

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People who try to stand prosperity are foolish. They should sit down and take it easy.

"When the best things are not possible, the best may be made of those that are possible."

This is the season of the year when each and every baseball team in the country is a winner.

We are sure of the success of our work, for it is right; and right is stronger than wrong.

Fortunate is the woman who remembers that frowns beget more wrinkles than smiles.

A woman's idea of economy is to buy

a lot of things she has no use for because they are cheap.

Musk may have gone out of fashion, but it has wormed its way into a lot of other perfumes.

A failure in a little town is sometimes a success in the city. There wasn't room, that's all.

Vanity in early rising does not abate itself because its earliness is due only to an inability to sleep.

Once in a while a man achieves fame in this world without making any unnecessary fuss about it.

The good intentions ground out by political machines ought to make excellent paving material.