

WHAT EVERY WOMAN WANTS TO KNOW—THINGS THAT INTEREST MAID AND MATRON

THE HEART-BREAKER

A Tale Which Shows That Spiders Sometimes Get Entangled in Their Webs.

The dance was in full progress, and the Heart-Breaker was, as usual, surrounded by an admiring throng of men. That such should be the case is not surprising, for she is a delightful young woman in many ways. Her faults are easily seen, and seem to render her more lovable. They have that touch of nature that is very human. Her name is Eileen, and her little face is very pliant and just suits her name. The scamps of all her male admirers are too numerous to count. She is a "dear boy" and that she loves them all—but such an attitude, though flattering to their vanity, must be a shade unsatisfactory to such an eye her with a matrimonial eye.

changed into an amused smile. "But really, Eileen," he said reprovingly, "you must give up these little ways of yours. Just recollect your experience with the Smith boy, and young Van Dusen, and be warned in time!" The girl laughed in an amused way. "Why, neither of these boys will look at me now," she said. "Van Dusen cut me perfectly dead in the street the other day. The Smith boy is quite as bad, too! And all because I tried to educate them!" A plaintive reminiscent look came in her dark and pretty eyes. "The cousin knew that look of old—and its deceptiveness! For years it had worked successfully upon his simple bachelor heart. Now he knew its true worth, and hardened his heart correspondingly!" "Let us admit, for the sake of the argument, that you are attractive, Eileen," said he, by way of opening fire, "but the way you lead men on is dreadful! No, I can't encourage it! Now, this poor infatuated youth tonight—" She pointed in the prettiest way. "I'll cut his other dancer, if you like," she said condescendingly. The cousin took no notice and continued: "Do not wonder at the men falling in love with you, Eileen. What I do wonder at is the manner in which you keep them dangling on when you really don't care a scrap about them." "It is so interesting," said she, quite unembarrassed. "I like to collect scamps. Each to his own hobby, you know. I find this one interesting."



A DANCE FROCK OF UNUSUAL CHARM

MORALITY IN MEALS

By MRS. CHRISTINE FREDERICK Author The New Housekeeping.

"Bring me some ham and eggs, a glass of milk, a piece of custard pie with cheese." This order goes forth not only once, but hundreds of times daily in our restaurants by the business man. In the tea rooms another order goes forth frequently. "I'll have some waffles and honey, a cup of chocolate and a French pastry." These meals are absolutely immoral, and a further glance at them will show why. Here we have the business man ordering eggs, meat, milk, custard and cheese—the five most important foods of the same class—protein. In other words, he is taking the same kind of food in five different forms and his meal, therefore, is really only one kind of food taken ad libitum. His wife in the uptown tea room eats waffles, syrup, chocolate and pastry. Again four different forms of the same kind of food, so that her meal is all starch, sugar and fat. Now, no meal so one-sided can be healthful. A hasty glance would, perhaps, lead us to believe that the man's lunch was more wholesome than the woman's, but both are dietically bad. We have said so often that the ideal meal is composed of four different elements—the protid or muscle forming, the sugar-starch or fat forming, the fat or heat forming, and the mineral elements which add flavor, refreshment and tonic qualities. The "balanced" meal must have some of each of the four qualities represented in the foods which compose it. In this way all the needs of the body are supplied by every meal, and no one need be over supplied.

MODES OF THE HOUR

Evening Frocks Are Perishable Things, and Often It Pays to Make Them of Inexpensive Materials—A Gown That Seems Elaborate, But Can Be Made at Home.

At first glance the frock illustrated today seems a rather elaborate and decidedly expensive affair, but it is offered with a view to its possibilities for home production. Lace and taffeta and the almost inevitable flowers are combined in an extremely artistic fashion, quite removed from anything that could be regarded as a set style. Evening frocks are perishable things, and often it is the better part of wisdom to make them of inexpensive materials, so that they can be cast aside without regret when they show signs of wear and tear. Just as it stands and allowing only for the materials and nothing for the making, it might be reproduced for \$5 or \$10, drop skirt included. White or cream-colored taffeta, 36 inches wide, lustrous and pliable, can be bought for \$1 a yard, and four yards would be sufficient for a person of average size. There are wonderful bargains in lace to be found from time to time, but at any season 75 cents will buy something fine and filmy, and five yards would be a generous allowance for the ruffles at heels and hips, and the drapery of sleeves and bodice. The tunic skirt depends from a yoke and the fulness, which increases gradually, is gathered in at one side and held by a rose. The fold at the bottom is made by blind stitching, a narrow hem from the right side in the manner so much in vogue at the present moment. There is a foundation skirt of net serving here in place of a hem and is far daintier. A yard of chiffon would easily make the ruffle and the foundation of the bodice. Chiffon can be bought for as little as 25 cents a yard. The model might be copied faithfully when it comes to draping the lace of the bodice or individual taste might be exercised. It is a very good idea, however, to start with a fixed idea, and then to use all one's ingenuity in carrying it out. The ruffle of lace at the hips is narrow and almost without fulness in front, but it droops gradually until it is quite long at the back, and it is also full. The girde is of the same taffeta as the skirt. There is a rose tucked in at the left side in front and another is placed at the back where the girde fastens under a shirred heading. Strips of the silk, hemmed to a narrow ribbon width, are caught to the bit of lace that forms the sleeve and tied around the arm with a knot and simple ends. Sleeves are a mere bagatelle these days—an airy nothing. In fact, they are dispensed with altogether in many of the most beautiful dinner and evening dresses. It is a style that is too severe and too trying to be universally adopted. Yet this bit of draped lace, that yet shows the upper part of the arm, is soft and graceful and much more youthful than the extreme décolletage of the sleeveless bodice.

THE NERVOUS WOMAN

Ellen Adair Advocates the Cultivation of Will Power

Of all the myriad ills, real and imaginary, that beset mankind, I think that nervousness is right among the worst! The cure lies with the patient, not with the doctor or the medicine. The neurotic woman is a burden to herself and all who come in contact with her. Of all unhappy people she is worst! In one sense she is more to be pitied than censured. But if she only knew it there is still hope for her, although her case be pretty far advanced. Around us everywhere we see so many nervous women. Their prettiness is gone, their faces have a thin and faded look. No, they are not attractive, certainly! They tell their sorrows and their troubles till one really blushes at the family skeletons exposed. That is one of the worst features of the neurotic woman—her sense of reticence is gone, and more particularly she has lost the right perspective of little, everyday happenings! The very best little mole-hill looms like the highest mountain to her foolish eyes. Nor will she confine her woes and griefs to herself—oh, no! We hear the ins and outs of them only too thoroughly. "My husband is so careless of my feelings!" said a "nervous" lady to me just the other day. "He doesn't realize all I have to come through; no, indeed! My nerves are in a dreadful state! But men are brutes, even the nicest ones!" This sounded just a shade illogical—nay, more, a little "Irish!" The woeful lady proceeded with the tale: "I feel so nervous that I hate everything! The children's voices make me want to scream aloud! John comes in and bangs the door, and I shake for half an hour afterwards!" Truly I did not envy "John." I know he leads a miserable married life. He seeks all his pleasure outside his home, too, and one can hardly wonder at it. His wife just nags the very life out of him. The novels of Jane Austen, that most delightful of writers, deal with the neurotic woman in the most entertaining fashion. "You never consider my poor nerves," Mr. Bennett cries an angry wife to her husband. "My dear," says he, "upon the contrary! Your nerves have my very old, lifelong friends! They have been with us for these 40 years. I hold them in a deep respect and awe!" The cultivation of a little will power is the best cure for the "nervy" woman. Let her fill her mind with brighter, less self-centred thoughts. Then doctors, doctors' bills and medicines will become an old forgotten story. The nervous woman must cultivate a hobby, too, and in the doing of the same she will find happiness. The happy woman has no "nerves." She is too busy to have time for them. To the neurotic, the dependent woman I would say—think more of others, less about yourself! Get out into the sunshine, and interest yourself in something new. "The exuberant power of a new affection" is the finest tonic in the world!

The Present Price of Fruit; Snapshots in the Market

Fruits are very plentiful this season, and come at all prices. Cooking apples sell at 30 cents a half-peck. Eating apples can be had from 20 cents to 25 cents a quarter-peck. Bananas are 15 cents to 20 cents a dozen. Cantaloupes, per dozen, 75 cents to \$1. Rocky Ford cantaloupes sell for three for 25 cents. Grapefruit sells at two for 25 cents. Red bananas are a luxury, selling at 50 cents a dozen. Plums vary between 50 cents and 60 cents per basket. A carrier of peaches costs from 25 cents to 50 cents. Crab apples cost \$1.75 a basket. Niagara grapes, 15 cents a basket. Concord grapes, 15 cents a basket. Delaware grapes, 15 cents a basket.

What Other Women Do

Female stenographers in Chicago number 21,669. Victoria, Australia, has 489 more women than men. Ten thousand girls are acting as guides in England. More than 32,000 women in Germany are acting as Red Cross nurses. More than 17,000 of the 20,000 school teachers in New York city are women. The candy business in the United States employs more than 50,000 girls.

The Sunny Side

If you make up your mind firmly that you will never again speak unkindly of anyone, and that, if you cannot find anything good in them and cannot see the best side, you will see nothing and say nothing, it will make a wonderful difference in life for you. You will be surprised to see how soon everything will respond with a message of joy and peace. If you always look on the sunny side of every incident you will find that there is really very little trouble in the world for you, and even that little can be turned to goodness. Your vinegary countenance and cynical remarks will be cast off as an ugly mask which has been hiding your real, wholesome, happy self and all the blessings of human experience will be yours. "Just being happy is a fine thing to do! Looking on the bright side rather than the blue. Sad or sunny musing is largely in the choosing. And just being happy is brave work and true."

Examine Your Love Letters

Any inclination to ornate penmanship is a sure indication of a leaning toward the romantic and sentimental, while the least desire to shade a letter shows imagination and a tendency to idealize common things. Long loops or windings in the letters indicate that the writer "wears his heart upon his sleeve," or, in other words, is trusting, non-secretive and very fond of company. If the "y" has a specially long tail, this shows affection, but if the same person is also careless about crossing the "t's," the combination is an unhappy one, as it points to fickleness. A curved cross on the "oo" or the incurving of the first letters of a word shows an affectionate disposition; but if the two are indulged in it is a sign of jealousy.

Careful Man

She—But why did you have a boy to deliver our wedding invitations instead of sending them by post? Jack—Couldn't afford to take any chances. She—Chances of what? Jack—Being arrested. Don't you know it is unlawful to send lottery tickets through the mail?

Eggplant au Gratin

Cut the eggplant in thick slices, let lie in cold salt water until ready for use, boil in clear water until tender, for perhaps 15 minutes, or less; then place in well-buttered baking pan and on top of each lay a thick slice of tomato, sprinkling over them a mixture of fine bread crumbs, salt, pepper, a dash of sugar, a little grated cheese, and putting a lump of butter on the top of each, bake in a medium oven.

Milady's Lampshade

Never, perhaps, did lamps so combine the truly artistic with the practical as at present. They can be found suitable for every room in every shape, size and color, and so harmonize with any fabric. One handsome model is in the popular filigree work over yellow silk. It is decidedly Turkish in appearance and fits perfectly in the den or living room. Another reminds one of a young girl's boudoir. It is made in white enamel, with frosted glass panels decorated with flowers to resemble a piece of cretonne. This style is designed especially for the ivory-white furniture with wicker trimming. A great many mahogany vases are being used, and a very new idea is the teakwood stands. Shades are very elaborate. Some have panels of Japanese silk, hand-painted, as in the illustration. These have china vases with a scene to match painted upon them. Laces are seen on the silk shades, and very beautiful ones can be had with wonderful intricate filigree medallions or dainty bands of baby Irish trimming.

How to Remove Stains

Stains caused by coffee, tea and ink should be removed before washing. Various stains need different treatment, as will be seen by the following: Coffee or tea stains—Pour immediately boiling water on the affected part. Sprinkling powdered borax over the part has a good effect. Paint can be removed from white materials by paraffin oil. If it is a colored article rub turpentine on the spot. Grease—if on colored material, scrub the part with rectified benzine, but take great care when using this, as it is highly inflammable.

The Only True Girl

Girls, says a clever woman writer, should endeavor to cultivate to the utmost patience and gentleness. When these qualities are present in a girl, her company becomes delightful to all who know her. Patience means self-control; it helps us to extinguish envy, overcome anger and crush pride. The best lessons of patience and self-denial—and the better because not chosen by ourselves—are those in which we have to bear with the failings of those around us; to endure neglect when we feel that we deserve attention, and ingratitude when we expected thanks. In short, patience helps us to bear with sentences whatever contradicts our honor and opposes our will.

A Sad Change

She—You live in a quiet suburb, don't you? He—I used to. She—Moved? He—No, ma'am.



"The Most Beautiful Dance We Know Of"

Say Mr. and Mrs. Castle Of the Newest Modern Dance That All Will Dance This Winter

Now for the first time adapted for the home. Mr. and Mrs. Vernon Castle explain it, in pictures, step by step, the same as they will teach it at Castle House, New York, this winter to the most fashionable society. It is

IN THE NOVEMBER ISSUE OF The Ladies' Home Journal

Fifteen Cents a Copy, of All News Agents Or, \$1.50 a Year (12 issues) by Mail, Ordered Through Our Subscription Agents or Direct

THE CURTIS PUBLISHING COMPANY Independence Square Philadelphia Pennsylvania

Correspondence of general interest to women readers will be printed on this page. Such correspondence should be addressed to the Woman's Editor, Evening Ledger.

Jura of the Gutter Theo. J. Siefert, 1426 Walnut St.