

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.

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. And all because I tried to educate them!"

The music of the dance went on, and the Heart-Breaker, to all intents and purposes, was living up to her reputation in the most whole-hearted fashion. "Whole-hearted" is the word in reference to that calm and level-headed dancing.

Her cousin, a tall, pleasant-looking youth, approached her through the throng of black coats that surrounded her. "Hello, Eileen," said he cheerfully, "too late to get a dance, I suppose?"

She pointed in the prettiest way. "I'll cut his other dancer, if you like," she said complacently.

Two hours later, within the privacy of her room at home, the little Heart-Breaker stared at the outside of a foreign envelope. A vague foreboding stirred at her heart. Could this be news of her old friend, Jim Gordon?



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.

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.

It is exceedingly simple to plan home meals, or to choose meals from a bill of fare after the balanced plan. Select one food from each of the four groups or such combinations that will give the four different food qualities.

It was only a word, spoken gently in the close of a weary day. But it set an aching heart at rest. And drove its care away.

John E. Craig authorized by Curtis Publishing Company to receive subscriptions for The Saturday Evening Post, The Ladies' Home Journal and The Country Gentleman.

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.

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 ruffs at heels and hips, and the drapery of sleeves and bodice.

The ruff of lace at the hips is narrow and almost without fullness in front, but it droops gradually until it is quite long at the back, and it is also full.

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.

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.

THE TRUTH

Miss Sharpe—So you're going to celebrate your silver wedding next week? Why, you have not been married 35 years! Penbecker—I know it, but it seems like 50.

OUR W. PHILA. OFFICE: 512 & Warrington Avenue.

Advertisement for Burn Cummings' Coal, featuring a large image of a coal pile and text describing the quality and price of the coal.

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.



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.

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.

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.

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.

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:

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.

A Sad Change
She—You live in a quiet suburb, don't you? He—Used to.

Only a Word
It was only a word, spoken gently in the close of a weary day. But it set an aching heart at rest. And drove its care away.

Beyond Price
"Count," said the lady to the foreign nobleman at the charity bazaar, "won't you buy this rose? It is only 25."

To Wash Cut Glassware
Old cut glassware—decanters, wine glasses and their like—will benefit from a thorough wash in a solution of ammonia and water.

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Jura of the Gutter
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