

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

THE ARGUMENTATIVE WOMAN

Ellen Adair Discusses Her General Unattractiveness.

That the argumentative woman is seldom or ever really liked by her fellow-creatures is a foregone conclusion. She seems to stir up strife wherever she goes.

ground of difference, and upon that lays all the emphasis. This hunting out of the infinitesimal trifle is merely a pose, and a most irritating and unattractive pose, too.

The Story of "the Hesitation"

Miss Alice Martin, of St. Louis, is the gentle foundress of "the hesitation." "Foundress" is literally true in this particular instance, because it was by an accident that she found the hesitation.

Dainty Presents

The penny-wise woman, who is making her simpler Christmas presents now, will be interested in the novelties shown in the needlework shops.

Joy

She came to me one fair spring day; The skies were bright, the lambs at play; The daisies lent their pearly green.

An Unfortunate Statement

An attractive little girl at a party was being questioned about a fine doll she had just received for her birthday.

A Mother Says—

A little tattling alone is what these "not very strong" children often want—don't mean neglect, but just ordinary tattling alone, so that they may have a chance to feel their own powers and learn the joy of using them.

His Big Sister

"I knew you were coming tonight to call on my sister," said Jimmy.

Her Young Man

Miss— "What that young man is too handsome for me. We shall have to sit on the bench in the next time he comes."

Savory Custard

One-quarter pint of good beef tea, one egg, a little salt.

Ideas in Idleness

One of the advantages of having enemies is the free advertising it gets you.

The pessimist seizes with glee the one dead rose in the garden.

Even the joys of "kiss and make up" wear off if you quarrel continuously.

The I-Thank-Thee-Lord-I-am-Not-as-Others are the most suspicious characters.

Woman's Suffrage

The Women's Political Association of Victoria has passed a resolution protesting against the disfranchisement of Australian women who go to other parts of the empire.

One of the most intimate and arresting books on the fruitful East-and-West theme recently published is "A Child of the Orient," by a much-traveled Greek girl, Demetra Vaka, who has been powerfully influenced by her stay in America.

For the Invalid

When preparing food for an invalid always remember that the quantity must be small and the appearance tempting. A person who is ill may be put off the meal altogether if a very large helping is served.

Women Lawyers

Women have the right to practice law in all the Australian States except New South Wales. They may also practice as advocates in Argentina, as barristers in France, and as lawyers in the United States.

WOMAN OUTSIDE THE HOME

Around the Clubs

November's program among the women's clubs is partly decided upon. The right hand piano practice section of the Philomusian Club will hold its meetings every Tuesday afternoon, beginning November 2.

The Review Club of Oak Lane, is very much occupied just at present, holding rehearsal and preparing for a production of "The Piper." It is to be given some time in January and is under the personal direction of Miss Elizabeth L. Schreiner.

On Thursday, November 11, the Story Teller's League of the Girls' Normal School, will hold its meeting.

On Thursday, November 5, the Committee on the Extension of Good Citizenship, of which Mrs. Thomas S. Kirkbride is chairman, will hold a meeting.

The Reconstructed Fourth Association is starting already to work towards a safe and sane celebration next year.

Wayne, Pa., boasts of a very wide-awake and progressive Saturday Club. After having given the community the benefit of a series of open-air concerts by a very good band, it plans more.

The delegates from this club to the state convention at Pittsburgh are Mrs. H. B. Rowser, Mrs. Marshall M. Smith and Mrs. C. S. Tattall.

The current events section of the Philomusian Club will hold its meeting at half-past 8 Wednesday morning.

The successful co-operation of the Media, Swarthmore and Morton-Rutledge Clubs has resulted in sending a visiting nurse to those who need her.



ONE OF THE NEW FALL SUITS WITH AN APPROPRIATE HAT

HOW HE WON HER

An Article Containing Not a Few Useful Hints for Ill-treated Lovers.

The young person with the extremely long eyelashes sighed and shook her head mournfully. With it all she bestowed upon the young man a smile of exceeding sweetness, to make him realize all that he was losing.

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A Tasty Dish

Pare, core and cut good cooking apples into pieces, and place them, with sufficient sugar, into a pudding dish; cook thoroughly in a moderately hot oven.

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

MODES OF THE HOUR

Range of Fashion Very Wide This Year Where the Street Suit Is Concerned—An Exhibit of Clothes of American Design and Manufacture.

As the season advances it becomes more and more apparent that the range of fashion is very wide indeed where the street suit is concerned.

Next week in New York there is to be a fashion exhibit of clothes of American design and American manufacture.

The costume shown today is one in point. It has undeniable charm—and the charm of simplicity—until one stops to analyze and is lost in the wealth of detail.

The coat starts out with a long back that reaches almost to the bottom of the skirt. It drops slightly in the center and is finished with wide scallops that are carefully stitched.

The sleeves are set in and the armhole is bound with silk braid. The deep cuff is also bound with the braid and further ornamented with a row of buttons matching those of the skirt.

The hat is as unusual as the suit. Although it is faced with velvet, the crown and the upper brim are covered with silk.

This, on the whole, is rather a careful change; for, although the color combinations are usually very happy ones, it is possible to grow a little tired of the kaleidoscopic display.

What Other Women Do. Milwaukee has a woman as assistant bacteriologist at the Health Department.

Florida clubwomen are particularly interested in providing scholarships for young women.

The Indian women of British Columbia work in the canneries while the able-bodied men do the fishing.

Three Gifts. The maiden said, "I give my work. My skill in healing lore. I tend the broken men, that they may rise to fight once more."

The mother said, "I fought a fight more sore than aught you won. You gave your skill, your health, your life. But I—I gave my son."

Everybody "has her number"—the girl who breaks engagements. She can never become a success socially because honorable people expect honorable treatment.

TETLEY'S INDIA AND CEYLON TEA. Pleases and Satisfies. 8.00 to 15.00. George Allen, Inc., 1214 Chestnut St.

WHAT BALANCED RATION MEANS

By C. HOUSTON GOUDISS

The practical housekeeper usually regards the balanced ration as a new-fangled notion for which she has neither the time nor inclination.

But the balanced ration as applied to food is really a very different thing. It is not at all alarming when once you get acquainted with it, and a very few experiments convince the housewife that all the study she can give to this most interesting subject will not lead her one inch away from the solid ground of common sense.

To provide the balanced ration, the best way is to plan at one time the meals for the whole day. If it is possible to do so, it is better and really easier to plan for the entire week.

The second great element is fat, which is needed to keep the body in good condition and to store heat and energy in sufficient quantity to serve for immediate needs and also to maintain a reserve supply.

Equal in importance to protein are the carbohydrates, which create the heat and energy that furnish to man the driving power which enables him to do his work. We get the carbohydrates from the sugars and starches in potatoes, macaroni, rice, milk, most of the vegetables and nearly all the fruits.

The salad should be governed by the same rule that orders the selection of the soup, for the same meats should be served with the salad.

The same rule applies to the dessert, too. The heavier meats naturally call for a lighter salad with plain French dressings.

The only compulsion that can be safely exerted is that of the body—the trust and the fact of force effect that gives it all and dreams not of exacting a return.

Weighing Sticky Things. When you want to weigh out molasses, syrup, honey, jam, soft butter or anything sticky that kind, don't put it straight into the scale.

The Irish Servant Girl. The scarcity of servant girls led to a certain wealthy American lady engaging a farmer's daughter from a rural district of Ireland.

The thing to do is to spread a fairly thick layer of flour, crumbs or sifted sugar—whatever you happen to be using for your pudding or cake—on the scale and then measure your sticky stuff into the center of this.

Wise Sayings. An open confession may be good for the soul, but it's bad for the reputation.

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fruits, also many vegetables and whole grains, furnish mineral matter and the potash salts and acids which are needed to maintain the balance of the nervous system, to form the bones and teeth and keep them strong, to see that the digestive tract does its work properly and to cleanse the blood.

The ration of a healthy person leading a fairly active life should be planned so as to provide three times as much fat and six times as much carbohydrates as protein. There is no need for actual measurements, because by keeping these main proportions in mind in providing the meal, the amount of each food element will be taken care of in the ordinary "helpings" served to each person.

In planning the daily menu, breakfast and lunch should be limited to a few simple dishes. Neither meal should include meat, with perhaps the exception of a bit of breakfast bacon, which is a highly nutritious and easily digested food.

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