EXTRAVAGANCE IN WOMEN

I Ellen Adair Believes That It Can Amount to a Vice.

The fuel which feeds the flame of the modern woman's extravagance is not necessacily an actual love of pretty things rivalry, and a yearning to eclipse one's neighbor! Mrs. Brown appears in a new fur coat, which she claims has cost her fond husband \$50. Immediately Mrs. Jones determines that she must surprise the vicinity and her friends therein by a garment even more dazzling than that of Mrs. Brown. The former's husband may have a smaller income than her neigh-bor's, but she takes little count of that. So out she rushes and buys herself a coat just a shade more expensive

than the other woman's, Now deep in her heart of hearts, Mrs. Jones may have no inclination to wear that fur coat-apart, of course, from the one great incentive of eclipsing Mrs. Brown. She may even see guite clearly that her fur coat tends to make her somewhat ample proportions seem twice as large as before! Yet she cannot bear think that her neighbor possesses mething she has not-hence her foolish and needless investment.

I think this spirit of emulation is at the root of the modern woman's ex-travagance. The other day at a reception I overheard two married women talking. "My dear." said one, "just look at that lamp over there! I must get one for our drawing room just like it! If Mrs. Brown can afford such a pretty thing as that, so can we!"

"And I want to get a rug just like that one over there!" replied her friend. "Whenever I get home I shall ask John to buy me one! It. would be the making of our parlor, don't you think?" These women must have seen lamps and rugs equally beautiful in the big de-

partment stores dozens of times—but not until they saw the pretty things in the house of a friend did they commence to

really covet them. No matter how much he may spend upon

The extravagant woman is essentially ; she cures herself of this dreadful failing be modern product, and has aprung up on all nands lately, not only among the rich, but equally among those of somewhat limited income. That this great failing of the modern woman is infectious cannot be denied. It can amount to a regular and almost incurable vice, almost as democratizing as drunkenness or gambling. The fuel which feeds the finne of the

ner to do likewise. Hence the extravagant wife steers the frall back of love straight for the rocks. think that more divorces arise from this mant. More often it is a case of sheer other cause. No man will long endure the tremendous inroads a woman of this nort will make on his means, unless he be a fool. He may give her many chances to reform, but once it is clearly borne in upon him that she and her fall-ing are together incurable, he will seek the only course left him, and probably

get a separation.

Then to the unfortunate woman will come the inevitable thought for con-solution that she, and she only, is to blame for the sad turn of events. Her desire to eclipse her neighbors, to de-ceive the world by living in a manner far beyond her husband's purse-and it is open to question whether the world is ever really deceived on such a point—and her inborn snobbery have proved her un-doing. For extravagance is a form of snobbery, and a rather contemptible form.

Another point about the extravagant Another point about the extravagant woman is that, although she may spend a great deal of money on her clothes, she is frequently very budly drossed. "I haven't a thing fit to wear," you will loften hear a woman of this sort exclaim. Yet you know that she has ward-robes and trunks crammed full of gowns and suits and subson. The explanation and suits and ribbons. The explanation is to be found in the fact that the extravagant woman seldom "thinks out" her clothes. She buys indiscriminately, without any sort of scheme regarding what is necessary and useful.

The economical woman, on the contrary, may be infinitely better garbed on almost may be infinitely better garbed on almost every occasion. And why? Because she looks ahead, and plans out what she needs and what she can do without in the matter of raiment. Hence as each occasion arises, she has something suitable to appear in, where the extravagant woman rakes wildly through a variety of gowins and suits and followed. The man who is burdened with a wife gowns and suits and finds nothing just of this type is to be most heartly pitied. "right."

The joys of saving up for some No matter how much he may spend upon her diversions and whims, she is never satisfied, never contented. Like little Collver Twist, she constantly "asks for more," but unlike him, the more she gets the more she wants!

I think that the extravagant woman is to be pitled almost as much as her unfortunate husband. For she is not a happy person, and never will be, unless ELLEN ADAIR,

FIRST AIDS— USEFUL TO KNOW

If a person should faint in a crowded space, where it is impossible to lie down, fully prepared, with an eye to cleanlisit him or her in a chair and drop the ness, compactness, nutritive values and head between the knees. The feeling of attractiveness as well. The little fellow faintness will soon pass off. If the person opens his noonday lunch and finds his is in what is called a "dead faint," place sandwiches all crushed in by a heavy on a bed or sofa, with the head lower apple placed carelessly on top of them. ful waiting. One sees what is apparently than the body. Then apply ammonia or The cake is all dried out and crushed as smelling saits to the nose, and when the well and the sandwiches are soggy. Do a few necromantic passes and emerges, beautiful furs now fashionable. patient begins to recover, a drink of cold you wonder that the child throws away water. Never let a person who has faint- his lunch or picks out what is edible and color.

ed remain in an erect position.

A sprained ankle should be immersed in water as hot as the person can bear. Keep it at this temperature for about an or and a half, renewing the water ag fast as it cools. Then put on a bandage tight enough to prevent any movement of he joint. The recovery depends upon the absolute prevention of any motion. It is a bit early for frost-bite, but every

one remembers the zero weather of last year, and it is well to be prepared. Never permit warm water, warm air or a fire

Give a stimulant, apply a hot-water bag to the body and secure absolute rest for

The Servant Problem

There is no problem of daily life more difficult for the housekeeper to solve than the servant question. So much has already been said on the subject-ideal servants have given their experiences as a solution-and, of course, they falled entirely because they were ideal sercants. There is much to be said on the servant's side, as well as on the abused mistresses' side. A few hints from a woman who has kept the one plain, or-dinary servant maid (neither better nor-worse than the average) may be of use to the housewife.

if you can help it. To be justly angry is one thing—to be loudly irritable and fault-finding over triffes is another. Give the maid an outline of her work for the coming week. You are not ex-pected to tell her every separate detail, but she can do better work if she has some idea of her duties.

Have your meals at stated hours and adhere to them. Nothing irritates a servant more than to be compelled to cook five or six times a day. If you have young beys, make them come in time for

Never forget to pay a servant promptly. Let nothing interfere with this. She deserves her money if she has worked for it, and no servant will stay if her money

Is delayed.

Try to administer any necessary reproofs in private. The servant is sensitive, just like any one clae, and should never be reprimended before strangers.

Take every care of your servant's comfort. She deserves as good food and covering as your means will permit. Never railight' her meals or bed coverings. Many woman do this, strange as it may seem. Arrange for her day out, and keep to It Dus't ask her to change it for every sneaspement you happen to make. As long as she gots only one day a week, den't interfere with it.

Savory Macaroni

Ingredients—Four ounces of macaroni, one pint of milk, two ounces of grated chases, built an ounce of butter, some breadcrumbs, sait and pepper to taste. Method-Break the macaroni foto small please, and pot these into a pan of holing water. Holl quickly for half an hour with some sait in the water, then strain will some sait in the water, then strain will some sait in a pan, sitr in the floor, and the butter in a pan, sitr in the floor, and the milk, and let it boll, dir in the sararoni and part of the chease. Season, and paur liste a greased pie dish, sprinkis the remainter of chease and breadcrumbs over the top, and brown in the open. we the top, and brown in the open

Correspondence of general interest o morner readers will be printed on the tage. Buth correspondence about a militarial in the Wampin's Editor.

THE CHILD'S LUNCH BASKET

The child's lunch basket should be caregoes hungry for the afternoon?

A little care would save all this trouble and avert the consequences of mainutrition from your little boy or girl. A few general pointers on preparing the lunch basket may be of help to you. First, line the box with clean, new

First, line the box with clean, new waxed paper. You can buy this anywhere for 5 cents a roil and it will last a good while. It is invaluable to wrap around sandwiches, for it keeps them moist and prevents the bread from getting stale and usualisable.

skirt and the chirred skirt are now established styles, the drop skirt holds its place and is seen in the very latest models.

Frequently it serves as a contrast to the bouffant lace or chiffon of the overground of the contrast of the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the bouffant lace or chiffon of the overground of the contrast to the product of the contrast to t

permit warm water, warm air or a fire anywhere near the parts frozen until the normal temperature is restored. Rub the frozen part with snow and apply ice water. Be sure to keep the patient in a cold room. The circulation should be restored very slowly. When reaction comes on warm milk and a little bit of stimulant should be given.

Porsons suffering from a stroke by lightning show a lessening of the strength of circulation, a weakness of the pulse and the breathing is slow and audible. Give a stimulant, apply a hot-water bag sweets. Each article must be wrapped dress in a concoction for evening wear. And times without number it is used to carry out the creative scheme of a dress made of two materials or two contrasting colors.

In some of the frocks of recent design the drop skirt shows only when the wear-tired of the same thing all the time, so you should try to change every day.

A piece of good cake, a charlotte russe or coffee cake should be added, to give the child a chance to gratify his taste for give a stimulant, apply a hot-water bag sweets. Each article must be wrapped

the child a chance to gratify his taste for sweets. Each article must be wrapped inches from the ground.

This means the smartest of footwear, and stockings that match the cloth upper vary as much as possible, according to



AN ATTRACTIVE LITTLE FROCK THAT THE FLAPPER MIGHT

MODES OF THE HOUR

as from a shell, in a dress of another

Or one may innocently admire what appears to be a smart-looking coat and then discover that it is not removable, but merely one of the many forms that the one-piece frock can assume.

The drop skirt is a factor in confusing the judgment. For, while the circular skirt and the shirred skirt are now es-

A problem that is presented by present-day fashions can be solved only by watch-ful waiting. One sees what is apparently a one-piece frock until the wearer makes

The wirdom of fur as a choice of trimming may show up in a high light in the next few years. Pets have never been dyed and treated successfully in been dyed and treated succession, been dyed and the furs of this sea-this country and the furs of this sea-son will probably prove to be the furs of several seasons to come.

There may be a famine in velvets, too; but speculation leads to a vicious circle, for nothing is known and to invest in things now for fear of not being able to purchase them later on might be a prudent mistake. And that is always

as one might fancy at first glance. The velvet bodice, with the girdle attached, buttons in simple fashion from the throat the waist line, which is rather high. accordance with one of the prevailing ashion rulings.

The open tunic is plaited and finished

with a wide band of velvet, and cuffs of velvet finish the long sleeves, which are made of the cloth of the drop skirt The hat worn with the costume is a

The hat worn with the costume is a jaunty little affair, with an indented brim, suggesting the petals of a flower.

In the place of a feather fantasy as an ornament, a bit of fur is wired and stands upright, its position secured by a bit of gilt braid.

THE CLINGING VINE

A Certain Type of Girl

Successful ridicule has almost eliminated | to his devotion, in a different way. He the clinging-vine sort of girl, but as long as Eve's daughters survive, variations on the clinging type will survive too. A man will never admit it, but should the secret get out, you'd find that every one of them has fallen for the clinging vine once at least. Which is easily explained—for let a clever girl get an ordinarily interesting, vain, mere man into her clutches esting, vain, mere man into her clutches and make a man know that he's only an interest and make a man how that he's only and he's only an done. He succumbs with innocent childlike trust to the subtle heralding of his virtues abroad, and listens with a rapt expression to the tale of his extraordinary accomplishments.

Whether or not women are born clinging vines, or simply acquire it, is an open question. One woman answered this way: "Of course a woman means to be a clinging vine. She's just a clever schemer and knows exactly what she's doing all the time. She clings to a man with exactly the same motive as a woman has when she adds the finishing touch to her gown or coffure. It may be the finishing touch to a faithful but timid devotion, and if a woman wants a man enough, she'll get him, you can bet on it."

It may, indeed, be the "finishing touch" | peace is assured.

might become disgusted and leave entire-ily. You never can tell, and the clinging vine should have a pretty good idea of his character before she tries the ex-

periment.
"The clinging-vine sort of girl can't help herself," says another woman, "she's born that way, that's all. She hasn't any backbone, or any intelligence, and

incidental, not a necessity."

This rabidly feministic viewpoint shows you how women who "do things" look upon the drone in the hive of busy workupon the drone in the hive of busy workers. That is the usual objection to the clinging vine, she is seldom good for anything else. She depends upon every one around her, both man and woman, to wait on her, and to take her responsibilities. A wife of this kind is a dreadful drawback to a man. He may love her dainty, feminine ways, but when she clogs the wheels of success for him he soon gets disgusted.

gets disgusted. Besides, the old tradition about man making the first advance in the game of love is, like all traditions, sacred. Men keep to traditions, at least those regard-ing women, with great care, so if you want to make advances in a clinging-vine sort of way remember to do it in such a way that he will not find it out. As long as he thinks he is the aggressor

The Charm of Flowers Now that Christmas is coming, and the

and will last all winter, if they have the proper cars. At any rate, they last longer than cut flowers,

Greens and pints flowers can be bought in the markets. They have not the dainty appearance of the hot-house blossom, but

superaction of the not-noise bloadon, but you can make them look well in the hume. A single, long-stemmed American Beauty looks charoting in the boudoir, and, if perfectly fresh, it will last almost a west. A begonia is another economy, it thrives in the superhise, and is a mass of blooms for west.

Care of Infants' Eyes

Never expose the infant's eyes to the price of flowers is scaring daily to profull glare of the sun. You often see a hibitive heights, a good idea is to buy your baby moving and fretting in its peramflowers systematically. Flowers are such bulator, and rubbing its flats into its eyes cheering, dainty things, that it is worth until they become irritated. This is be while to save a bit, no matter how small, cause some careless nurse maid has forof your weekly housemoney to buy them for your home. If it is only 10 or 30 cents, even 50 cents a week, slick to it.

The 50 cents may be expended like this: Buy something durable. Four little hardy ferms can be planted in a dish-one usually has a brane or china fern dish about-and well lest all winter if the hardy have a brane or china fern dish aboutgotten or neglected to pull down the hood over the baby's sensitive eyes.

Just the opposite prevails in some of the schools. Here the children suffer from too little light sometimes, and lean over their books or take any means to assist their imperfect vision. Thus the sight becomes aeriously impatred, and if the practice is long continued myopts or short-aightedness will result.

A good wash for fatigued eyes is the following: Ross water, Jounces; wice of epium, 16 drachm; French brandy, 1 drachm.

optum, is drachm; French brandy, to drachm.

Mix this thoroughly and apply to the eyes with a fine sponge. You will notice the relief it brings the eyes. Close the eyes while bathing them, but if some of the liquid gots maide it will be beneficial.



MRS. MEDILL McCORMICK, OF ILLINOIS

Who has just been elected second auditor to the National American Woman Suffrage Association. She is the wife of the owner of the Chicago Tribune, and the daughter of the late Mark Hanna, famous politician.

Odds and Ends

Many of the so-called "failures" of this life will no doubt surprise us by their

Don't be too hasty in calling a man a coward. You may be right. A friendship which can be cut short by

is not a true one. Love is stronger than death. Don't be chatty and familiar with a burgiar on abort acquaintance. Have a mutual friend formally introduce you.

The Turkish bath is the original skin-game. You can't win, because you at-ways come out with less than when you went in.

of the Botton Grade

WOMAN OUTSIDE THE HOME

Around the Clubs

on Tuesday, November 24, at 3:20 p. m.

Preceding this, Harvey M. Watts will speak on "Music vs. Noise." The soloists will include Mrs. Margaret Ashmead Mitchell, soprano, and Mrs. Leonard Gregory, violinist.

The clock card party will be held Saturday, November 21, at 2 p. m. Mrs. Andrew J. Loecher is in charge of the lable.

Every Wednesday morning at 10:20 the is chairman, will give a musical program from their homes. But they are not

Every Wednesday morning at 10:30 the current events class meets, under the leadership of Miss Sara C. Collins. This is a most interesting section, embracing every subject from exciting experiences to sociological questions, literary discussions, etc. The subject today was the drama, "Our Infant Industry." Next Wednesday, November 25, will be open

On Monday, November 23, at 10:30 a. m., the regular monthly meeting of the executive board of the Pennsylvania Congress of Mothers and Parent-Teacher Associations will be held at 1302 Spruce street.

Is She in Love?

As a rule, an ordinary girl does not think of a man as a lover, or perhaps ven realize whether she herself could are for him in that capacity or not until the has received some special sign of his interest in her.

Then it comes to pass that she begins o consider him as apart from other men friends, and she endeavors to ascertain her feelings toward him. Does he make other men of her ac-

quaintance appear uninteresting and of slight importance in her life, so that she discovers that she is anxious to have his opinion and advice on all matters that concern her?

Does a long talk with him bore or please her? Does she find herself talking

to him freely, or is the entertaining of him an effort which she would shun? Is a festive occasion from which he happens to be absent robbed of some of happens to be its lits interest to her?

Does she "see his face all faces among," catch his voice, though a dozen

others are speaking?

Do her cheeks, unconsciously, begin to glow at his coming? If her eyes smile a welcome, timid, yet sweet, the waiting lover may speak safely, for his time has

Trust and Mistrust

The greatest thing in the wide world is love, and it is also the most beautiful. Unlucklly, it oftens walks hand in hand with the blackest and ugliest of feelings-

jealousy.

No sight is more dreadful than the jealousy of a lover. He is so full of anguish that he becomes possessed with a cruel longing to visit his sufferings upon his beloved, that very same one whom he would have died to shield but lately. Now she is the target for his arrows of mistrust and unkind suspicion. Even though unfounded, his fears make ilm to be pitied, since they cause him such intense pain

such intense pain.

True lovers should never be, and seldom are jealous. Their affection is trustful, and so they are never torn by the pangs of jealousy, which, after all, is only a form of mistrust. Nor have they any need to be so tormented, since they keep clear of any conduct that is likely to clear of any conduct that is likely to bring about jealousy.

True lovers never flirt, and so they

avoid giving each other reason for unhap-piness. She can shrine no other man in her heart, and he no other maid.

And so it comes to pass, and deservedly, that perfect peace in love is the lot of enough to make clear and boll five minutes.

ABOLISHING BRIDGET

By C. HOUSTON GOUDISS Food Expert.

The music committee of the Philomusian

A group of women, Hving in Montclair, please them all.

Then, to get away from the idea of community eating, the subscribers may

washing greasy pots, pans and kettles, and of serving dried, warmed-up dinners to their men folks, who are delayed on the way home from the city.

The leader of the enterprise, which is to be known as the Montelair Co-opera-tive Kitchen, is Mrs. H. A. Leonhauser, the wife of a retired army officer. Mrs. Leonhauser, during her life at various army posts, saw a great deal of Uncle Sam's methods of providing for his soldiers and their families. She watched the preparation of officers' messes and proved to her own satisfaction that the idea of a central kitchen, which supplied meals to a given number of families, was entirely feasible and a great sav-

ing of time, trouble and expense.

She also learned that it was quite possible to avoid the two rocks upon which such co-operative enterprises as the one which she contemplated having always split: namely, the community eating which made such serious inroads into the charm and privacy of the home, and the limited bill of fare which inslated that everybody should eat the same thing on the same day, whether they liked it or

Feeling sure that she would have the enthusiastic support of her fellow-towns-women, she called a number of her neighbors together and explained her plan to them. At once they fell in with her ideas, a stock company was formed with

shares at \$10 each and the projected en-terprise put upon a business footing. The keynote to the whole scheme is

for a share of stock, although people who are not members may order and eat all the dinners and luncheons they please. Every day a postcard folder will be sent to all subscribers, with the dishes to be served the following day, and from the list they will choose their discrete. the list they will choose their dinners. All prices will be plainly marked, and be-sides this a la carte service there will be a regular table d'hote dinner for 50 cents, which will include soup, roast, vegetables, saiad and dessert. One dinner may be ordered or a dozen, and the housewife may go to the matines without the mental ageny of wondering throughout the play how her dinner is coming along.

CATERING TO THE INDIVIDUAL. The Montclair Kitchen intends to preserve the individuality of the meals served by giving each subscriber wint he or she wants. The "crank," the vege-tarian, the dyspeptic and the epicure will

A group of women, living in Montclair, all be considered and attempts made to

UNDER EXPERT MANAGEMENT.

The kitchen is to be provided with an the most modern and efficient ranges and cooking apparatus and the most attractive silver and table accessories. Beauty has been the constant alm of the planners and the dining room is extremely harmonious and restful.

A dietitian is to have charge of the making of the menus and the combounding of the dishes, a trained house keeper will attend to the marketing and the general preparation of the meals and a graduate of the domestic science department of Columbia University will give part of her time to the figuring of

Most important of all, it has been an-nounced that nothing but tested and ap-proved pure foods will be used.

WILL BANISH KITCHEN TROUBLES. The most obvious advantage to be derived from this scheme is of course the absence of cooking in the homes of the subscribers. There will be no purchasing, no preparation, no smells of cooking and no laborious scouring of pans. Along with this will come the advantage of skilled buying and planning, the econe of buying in large quantities and the saving of fuel.

A LOGICAL DEVELOPMENT.

Large scale production has proved itself the necessity of catering to the indivi-dual. If it succeeds, the triumph will be due in no small degree to the fact that from this central kitchen will be able to have just what he wants, when and how he wants into the factory. Cooking, however, has never been much of a success outside Anyone who is interested may become a member of the company by subscribing human beings have different tastes and human beings have different tastes and desires, and that those who prepare meals desires, and that those who prepare meals the subscribes are seeking profits rather than to satisfy their patrons.

Community kitchens have never realized

that they must make all sorts of varieties of things to please all sorts of people. But just as the shoe manufacturer utilizes the same machinery, the same building, the same general materials and the same workmen to make all kinds of shoes, slippers and boots, so the com-munity kitchen, considered as a "food factory," can and must so vary its products with the same equipment that all its customers are pleased.

With this as its underlying principle, therefore, and with the assured backing of a large number of subscribers, there seems to be no reason why the Montelair Co-operative Kitchen should not succeed and serve as a model for the whole coun-

[Copyright by C. Houston Goudiss.]

Useful Hints.

You can prevent your china from chipping if you put an old Turkish towel in the bottom of the dishpan.

A good substitute for flour or corn-

FOR THE ANEMIC GIRL

Remedies That Will Improve Her Health.

Maison Bernard

of Fifth Avenue, New York

At the request of a number of our patrons

WE HAVE ARRANGED TO CONTINUE

The Rellevue-Stratford,

OUR ANNUAL CLEARANCE SALE

During Next Week

An Additional Assortment of Gowns, Wraps and Smart Coats for Afternoon, Motor and Travel from our New Winter Collection will arrive tomorrow and be included in this sale.

FOR YOUR SPECIAL ATTENTION

30 EVENING WRAPS, up to \$125, now...... \$50

12 COSTUMES TAILLEUR, formerly up to \$95, now .. \$45

LUXURIOUS FUR SETS AND COATS

AT EXCEPTIONAL REDUCTIONS

formerly up to \$85, now \$50

formerly up to \$65, now \$25 15 AFTERNOON GOWNS, formerly up to \$75, now.. \$25

formerly up to \$65, now...... \$25

40 Elaborate EVENING GOWNS,

20 Simple MORNING DRESSES,

30 MOTOR AND STREET COATS,

not for the present, perhaps, but for the | how, for you will be paying more to future. There are several varieties of the doctor if you let her lunch on candy anemia, each one a disease in itself. and sundaes. Tell her to cat, not for The growing girl has generally what is health, but for her complexion's sake, called "green sickness." This often and she'll soon improve. comes from the usual schoolgirl errorsoverexertion, staying up too late, loss of sleep and malnutrition. The high school girl of today has so many sorority teas, dances, matinees, etc., and all her classwork to do besides, - it is no wonder she looks pale and .. aggard and has circles under her eyes. It is well to watch these symptoms, because they can develop into a very serious iliness if

neglected. Make your young daughter live up to a certain standard of hygiene. She can't do her classwork or any other kind of work well if she is exhausted for shine.

Afew more general hints: The anemic do her classwork or any other kind of work well if she is exhausted from flay to day. She must keep regular hours.
Ten o'clock is quite late enough for a girl to stay up. If she gets up at 7 and is busy all day she will be glad enough to go to bed when 10 o'clock comes.

Dist is an important point for the

The anemic girl is a serious problem; stantial lunch; it is money saved, any-

She should try not to eat between meals. If she gets hungary about 4 p'clock give her a pint of fresh milk in place of cake and ice cream. Tea and coffee are both bad for the growing girl—chocolate is better and more nourishing. She should eat plenty of red meals. -chocolate is better and more nourishing. She should eat plenty of red meats.

This greatly adds to the blood supply and gives color to pale cheeks.

Dally exercise.

Daily exercise is another necessity. Schoolgirls usually get a walk after school hours, but the stay-at-home girl often loils around and reads, sews, etc., until her skip sers allow form allowed to the stay-at-home girl of the stay allow form allowed to the stay and the stay allow form allowed to the stay allow form allowed to the stay and the stay allowed to the her skin gets sallow from aluggish circulation. She should take a 10 or 15 minutes'

to go to bed when 10 o'clock comes.

Dist is an important point for the anemic girl. Don't let her rush off to school with an insufficient breakfast, or she will have a headache all morning.

Give her money enough to have a manual to the company and the Give her money enough to buy a sub- pany, especially of the opposite sex.

Food Values

The careful housewife today learns & great many things she never had taken into consideration before. The nutritive value of foods is one of them. A pint of fresh milk is equal in nutritive value starch pasts can be made of one small to several pounds of beef, for instance. potato, grated fine. Add beiling water The housekeeper who has an eye to her pocketbook as well as to health will consider these things when she orders the meals for the family.

Solid food may be divided into three lasses, those that keep and give it strength, those that keep the body in repair and those that keep the brain and nerves in good order and make

the bones strong and hard, The first class of foods contains starch, in potatoes, corn, etc.; fat, as in butter, cheese, etc., and sugar which is found in beets milk and fruits.

The second class of foods contains albumen, as in the white of an egg; fibrine,
as in brown bread, oatmeal, etc., and
caseln the solid part of milk and cheese.
The third class of foods contain mineral substances, as water, common sait
and many fresh vegetables.
A full grows may recuire all current of



SUBURBAN HOUSE PLANS ARE ON DISPLAY AT LEDGER CENTRAL

Broad and Chestnut streets. This service is designed to sat-isfy a demand among Ledger readers for practical informa-tion about home-building

The exhibit shows the eleva-tion and plans and cost of small houses ranging in prices from \$2500 to \$7500, received from prominent architects who were invited to exhibit their work. invited to exhibit their work.

Ledger Central also has on
nie a carefuily compiled list of
real estate brokers showing the
section of the city in which
they operate and the kind of
properties in which they specialize. It is, therefore, posaible to inform any inquirer
about building lots in the city
or auburbs and to whom to go
to accure lots that meet their
requirements.

Ledger Central has also ar-

requirements.

Ledger Central has also arranged to exhibit photographs of houses and apartments that have been advertised for sale or for rent in the columns of the Ledger. This makes it a real service to the real estate brokers architects and builders, and to home-meskers.

All architects are cordially invited to inspect the new display sines end to submit designs for exhibition.

If is the indention to the control of the