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TELLS E

old Albert

Magistrate WISS L. G. WENTWORTH

sen avents L. G. Wentworth Tells of Op-

GUTIERRE of all types will respect you. The libit of all types will respect you.

o you think the plain girl or the Villa to Tally girl is more successful in business

The you think that the stenographer ties down happily as a wife and

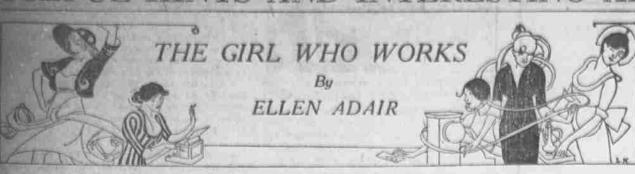
I don't want to make any definite

otion anglatements on that subject," said Miss at Yars Cwantworth, smiling again, "but I will say

Field for Ambitious

The story hography a Good

# ISEFUL HINTS AND INTERESTING ARTICLES FOR THE WORKING GIRL AND THE HOME



### TO STENOGRAPHERS

The girl who wishes to take up some useful employment will find in stenography a wide field for her activities, and one which offers many glorious opportunities for advancement. Thousands of girls are today earning their living as stenographers, and thousands of girls are training to become such, The following articles will prove useful to all girls interested in stenography. I shall be very glad to receive and publish letters and short articles from girl stenographers themselves dealing with

the various problems that arise in connection with their work and their playtime. The life of the girl stenographer in all its varying phases will be dealt with in this department during the whole of this week. Any problems which may be submitted to me will be investigated and, in so far as possible, answered on this page.

The object of these letters, articles and interviews is to help the girl stenographer, and it is their spoped that they will prove of real practical value to her.

Correspondence is invited, and all letters sent in will have careful attention. ELLEN ADAIR. A Letter to a Heedless Stenographer

> The Girl to Whom This Letter Is Written Is a Jolly, Happy-go-lucky Little Stenographer, But Very Careless in the Spending of Her Hard-earned Dollars. My Dear Lillian-I have just received | see how many little things you can do

By a Candid Friend.

your letter, asking if I would lend you \$5 until your next payday, as you are 'almost broke, and have a particular reason for wanting a little extra money the like. Save the money and buy a bit of real lace; that's better then wasting

You do not say anything about return-You do not say anything about returning the \$10 I lent you hast month, nor do you make rash promises about repaying the unconsidered trifles of life, is a poor the unconsidered trifles of life, is a poor this sum; you merely say, "Please send it by return mail, and I will be grateful

are nearly "broke," and where all your willing to lend you money, but I write money goes. For you ought to be this letter of advice for your own good, before off then my other backelor girl dear. Your sincere friend. better off than my other bachelor girl friends, because you have an allowance from home in addition to your \$13 a week salary, whereas many of them are not only "on their own," but are helping to keep a mother or an invalid sister, as well as keeping themselves.

Where does you money go? I think I can make a pretty good guess! (You see, I have known you for some time, and studied your character closely.)

hearing rtunity This Employment Offers. Yes, I do think stenography is a splen-A featur field for the ambitious girl worker," of dounse! Miss L. G. Wentworth, head of the Most of it is wasted. It goes and you have nothing to show for it.- This is the sort of thing which happens: You set out one payday to buy a plain blue serge Abbott an inington Typewriter employment departhad been it in her bright, attractive way. "You in this city it offers such a fine chance for the ing they v who wishes to succeed and who Eahleman' its to work up to a really good Do-Eshleman' its down the work up to a really good Do-Eshleman' its down the work up to a really good Do-Eshleman' its down the work up to a really good Do-Cathen money to pay for it. But on the wough money to pay for it. But on the output have to the store, a pair of earrings catches your eye. They are cheap things of the "brass and glass" type. But the south way to the store, a pair of earrings catches you want, and you have only instant the found have to the st Abbott an nington Typewriter employment departbody by a demands and is worth yes, un-

But, aias! when you reach the store where the suit is to be bought, you discover to your horror that you are nearly \$3 short of the required sum. So you have to wait for your new and fashionable suft, and go on wearing the old red dress which you are heartly sick of, and which "swears" herribly at those bright green ornaments you have bought!

body by a definition of the capable stenographer can home from breadly the capable stenographer can was brought to really splendid positions!"
was brought to really splendid positions!"
deared that a it true that the girl stenographer be was about of the exposed to the unwelcome had told his ntions and frequently to the insults "I do not sen workers and men employers?"

"I do not sen workers and men employers?"

Eshleman size Wentworth wrinkled her forehead dillon of ti litatively. "I do think that side of expect to his stenographer's life has been exagine his canited," said she. "My private opinion. In spite out the attitude of men toward the Hershaw distenographer really depends upon the cered. Photo herself! If she is a foolish sort of were product men will soon see that and trade live, showing her silliness.

body. Thereful the sensible girl will have very the part of a trouble of this sort to face, for a hearing room really takes a girl at her own values her bicken, you know. That, at least, her all her bicken, you know. That, at least, her all But even then you have not learnt experience! Although you have not enough money left for the blue serge, you snough money left for the blue serge, you have plenty to get the shoes and stockings which you need so badly. But you buy horribly cheap footgear, with a so-called "fashionable" out, instead of sensible shoes made of good leather in a sensible way. And you buy one pair of silk stockings instead of three pairs made of thicker and less expensive material than silk. When all your money is spent you have nothing useful to show for it.

than silk. When all your money is spent you have nothing useful to show for it. You always seem to me to be dressed in odds and ends, or as if you were arrayed for a fancy dress ball, where you were representing "Samples."

And don't you think you spend rather a large proportion of your moderate salary on what you call tollest necessities—most of which are not necessities at all? What about that tooth powder at \$3 a pound? And that complexion cream at \$1.50 a pot, and the liquid rouge and the expensive hairwash? The best aids to beauty are the cheapest. Common sense Fan's Wentworth smiled. "I think the EL PASO, ittal thing is something quite apart agentatives of actual good looks or their reverse," Maxico, said she, "and that essential factor is a triumphal cort and tidy appearance. The proseral Villa wolive employer is always favorably imforces of Geised by the immaculately shirt-Pablo Gons'sted, well-groomed girl, whether she presidentia blain or pretty!" the lead Well," replied Miss Wentworth, slow-would r "a pretty face is always pleasing, which vice it sometimes it may prove a disadmeasure ninge to a girl stenographer to be too to convent; atty, if you follow my meaning! A prosection of the man will run off with her, and you miles fre ow an employer may be afraid that ports the me man will run off with her, and you miles fre ow an employer does hate to break a tigneral "into his method of work and then our prise we have it and for any the stenographer." expensive hairwann? The best aids to beauty are the cheapest. Common sense rather than money should be used over beauty culture. The much-advertised, overpriced toilet articles are generally simple, eld-fashioned remedies disguised under very grand names. Let the wealthy lady of fashion buy them if she pleases,

lady of fashion buy them if she pleases, but the wise little stenographer keeps her money in her purse.

Neither will she allow herself to be tempted by all sorts of idle little fashions which come into vogue for a few weeks, and then die out.

No doubt you like to be the first in the office to sport the newest kind of the or girdle. No matter whether a fashion is a becoming one or not, like the boy in the soap advertisement, "You won't be happy till you got it!"

I know, Lilian, that it is the habit of many critics on woman's dress to com-

I know, I.dian, that it is the habit of many critics on women's dress to commend this buying of little trifles. They teach that a smart girdle or a lace collar will bring an old gown "up to data." Sometimes they do, of course, but more often they do not! And if you happen to keep accounts, and look over your bills, you will be surprised to find how many dollars these seemingly inexpensive trifles run away with.

I write with some experience on this matter, for I remember one year when

STOLEN the training and experience of the blanegrapher are splendid preparations and taken the patience, accuracy and method has learned the value of money, and take learned the value of money, and the patience accuracy and method has learned the value of money, and the feather any amount of business knowledgers which will help her tremendously in Henderson's ome life; and she has gained as into Two youths at into man and their little ways autumobile circular help her greatly in the study autumobile of will help her greatly in the study autumobile of his husband and the creation of his there had take.

There are The Self-Important Typist sitest, and a translating Her Services There are The Self-Important Typist sitest, and a seest many stenggraphers make the seast travellating to broke without their invaluable on rethremonistance. This is a very and error, interest invaluable on rethremonistance. This is a very and error, interest invaluable on rethremonistance. This is a very and error, interest invaluable on rethremonistance. This is a very and error, interest invaluable of realizable of the interest invaluable of rethremonistance. This is a very and error, interest invaluable of rethremonistance of the properties of others only availing the first things I had been spending as the properties of others only availing the first things I had been spending so large a share of my salary on were totally unset to all the others on the old days I used to any, "I simply must have them?"

neth a chearful dis-nethis a chearful dis-testibles of caution.

Agentuber that you are only a left a very big whele; that your agent woly in se fac 4s your received that your So louit over your accounts, Lillan, and

Correspondence of general interest to select residers will be printed to inte page. Bush correspondence should be addressed to the bromen's Editor, Evening Ludwey.

without in the future. Shut your eyes to the charm of ties in the shape of but-terflies, cheap bead necklaces, ten-cent imitation hand-embroidered collars and your money on rubbish, dear.

affair. The day may come when you are forced to borrow for bread and board. Don't waste out your friends' patience and I send the check herewith, but I cannot help wendering to myself why you to lend than to borrow. I am perfectly

### To Get a High Speed in Shorthand

A Stenographer Writes-"I have found that when taking dictation speed may be obtained by writing only half-way across the page, thus making two columns of the writing."

This stenographer has made the same discovery that a number of fast writers have made. Some operators even go so far as to take the "wide" 6-inch notebook and have it cut in two through the centre, leaving two 3-inch books. The secret of the added speed is in the fact that an entire line of the smaller book may be written from a single position of the hand. The fact that the hand shifts down a line twice as often does not impair the time saving, since most speedy stenographers pull the sheet up a line with the left hand while writing with the right, instead of dropping the right hand a line further down the page. Thus, with the shorthand book, the writing hand never really moves from its first position.

### Novel-reading in

Office Hours "Jane has a dandy position in that office of hers!" cried a little typist enviously the other day. "She reads her novel and eats candy half the time! I went to see her the other day and I had to speak to her twice before she heard me. She was sitting with her feet up, as comfortable as possible, reading the exciting new story in the Satur-day Evening Post and chewing away at

candy! Gee! I do envy her! Her job's

a cinch!"
A week later, when "Jane" was suddenly dismissed by her employer, the lit-tle envious typist did not feel that her friend's lot was so wonderful after all! For, through her own indolence and foolish neglect of her employer's interests, the foolish "Jane" has lost her job! This has happened to more stenogra-phers than the one mentioned above. Girls should take warning in time, then, and remember that the employer's interests are generally identical with their own. Forgetfulness of this important fact genevally leads to failure and ultimate



Don'ts for Stenographers Don't idle during business hours, but throw yourself heart and soul into your

Don't gaze out of the window and ponthat new hat you were wanting Don't bring out the little pocket mirror

of yours and powder your ness continuously in office hours. Don't write personal letters to your friends and steal your employer's time

by so doing. Den's be constantly fixing that new litthe curl above your car when you should be typing your employer's letters.

Hints for Typists In addressing suvelopes, never write the name of the town and the State en the same line. Always use a separate line for the State. This helps the society at the postoffice and thus facilitates the quick delivery of the letter, which is what your employer wants.

When erasing, use a pencil state first and then finish with a typewriter erasor. This makes a very clean erasure, for the pancil emast takes off the first coat very neatly.

days I used to say, "I simply must have their really and incidentally I would like to say that my complexion improved considerably and six and sives names ably during its enforced set from billions blunt. Route they become ably during its enforced set from billions blunt. Route they become and creams and cosmetics.

The providing of coulders.



# MODES OF THE HOUR

kinds and materials, and blouses there some who own scrap bags, although it is most be for the cost suits. But the more likely to be a scrap drawer. must be for the coat suits. But the frock of silk or French serge increases in popularity, and now that almost every loose end of fur, without expense at the one owns a top coat, one can go from the house to the street without making a change of the house gown to the street gown.

There are many pretty models for the one-piece frock, or for the dress that is separate as to bodice and skirt. And although the basque in its severe form had but short shrift, there are lingering traces to be seen in gowns of the most recent design.

The surplice bodice, with a natural ending at the waist, or with prolonged ends that cross and fasten at the back, is still a favorite, and a very pretty frock of this style is illustrated today.

The skirt looks as if it had reposed on the shelf for six or seven years, for there is nothing new, nothing especially of to-

among the so-called modern women, of real prismatic color.

Blouses there are, of all sorts and the feminist, suffragette type, there are The collar and cuffs of the freek could be made from a scrap of white silk and a moment.

Marabon, swansdown and ostrich feather trimming are all good substitutes for fur banding, and they are all in excellent style. The greatest possible mistake that the

girl of few frocks can make is to choose a model with a pronounced cut and strik-ing details that are too obvious to have

that are too covoins to have any lasting quality of style.

The next mistake is to choose the wrong color. Americans are said to be less ensitive to or less appreciative of color than the nations of an older civilization. It is quite possible that they are less in the habit of analyzing their feelings. Occasionally a woman has a gown that she never tires of, even when it shows unmistakable signs of wear and tear. An artist could tell her it is because The ends are draped about the waist the color satisfies her, because it is the and tied in a flat, formal bow at the back,

Black can be worn by wom as the model's pose before the mirror old or young, but rarely by the woman shows. ous." At that age a woman needs every help that becoming color can give her. Not until age has whitened her hair or day in its style. The shirring and cording are old, but they are always pretty
and make a graceful, full ekirt.
This frock is one that might be made
at home with very little trouble. Even

### We'll Get on the Brighter Side

Toil in the cities, and till the ground; The world is green and wide, And some of these days, when the world turns round, We'll get on the brighter side!

Sow and reap, and work, and weep For the blessings that are denied; And some of these days, in the morn ing's rays. We'll get on the brighter side.

Some of these days, in the thorny ways Will the lilies of joy abide; The birds will sing, and the bells will And we'll get on the brighter side.

Then toll in the cities, and till the ground, Whatever may be denied; For some of these days, when the world We'll get on the brighter side!

-Frank L. Stanton.

Fig Bars This is another candy that is very easy to make, and it is wholesome besides. To make it, boil a cupful of milk, a pound of maple sugar and a pinch of cream of tartar slowly for 30 minutes. Then add a teaspoonful of lemon extract and a cupful and a quarter of chopped fign. Boil it up once more and pour into a buttered dish. When it is cool cut into hars two inches long and an inch wide.

## A Dilemma

"Mercy! We've waited 50 minutes and missed the opera, all through that mother of mine!" "Hours, I should say," he returned, none

too sweetly. "Ours?" she cried rapturously, "Oh, Will, this is so unexpected?" Then she fell upon his neck.

### Popcorn Balls

Boll together a cupful of molasses and a tablespoonful of vinegar until it cracks when put into cold water. Have ready freshly popped corn, which has been freed of all partly cooked or harsh particles. Pour the molasses over the corn and as soon as it is cool enough to handle form into tiny balls.

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# "WHO'LL BUY MY CA'LLER HERRING"

By MRS. CHRISTINE FREDERICK

of the Sshermen in other lands. While 48.6 per cent, water. we are a nation of meatesters, many others, especially in colder climes, could be called nations of fisheaters. But' not only fresh fish-fish saited, smoloed and pickled.

high living costs we may have omitted in the meats, but as much of it is wasted fieh of these kinds. And yet, here we have them to hand, salt codfish, blosters, smoked mackerel, kippered herring, finnan haddle and all the others. Glancing at tables of the chemical values of foods, we find that dry fish has a high protein value. Being evaporated, all moisture is lost and the dried fish represents ocncentrated, condensed food.

Salt cod represents 16 per cent. protein, 4 per cent. fat, 18 per cent. ash and 24 per cent, water. Smoked herring represents 20.5 per cent.

protein, 5.8 per cent. fat, 7.4 per cent. ash and 4 per cent, water. Salt mackerel represents 13 per cent. protein, 21 per cent. fat, 2 per cent, ash

and 34 per cent, water. Haddock represents 15 per cent, protein, 1 per cent. fat, 1 per cent. ash and 49 per cent. water.

Contrast this with several of the well

known meats: Loin of beef, 16.1 per cent. protein, 17 per cent. fat, .9 per cent. ash and 52 per cent. water.

per cent. fat, 1 per cent. ash and 60 per | ter or other fat are needed to give tasts cent, water. Loin mutton chops, 13.5 per cent. pro-

and 41 per cent. water.

Many indeed are the picturesque ories, 18.1 per cent. fat, .8 per cent. ash and We see here that the amount of pr tein (the most valuable element) in beth ood and beef, herring and round steak,

mackerel and mutton chops are about the same. The amount of fat is greater in cooking or is trimmed, it does not make up for the great difference in the amount of cost between salt fish and fresh meat. We can then add the group of salt and smoked fish to our low cost diet, being sure that an ample dish of any sait fish rightly cooked will give our body as much nutriment as meat.

Perhaps one reason we do not use such fish more is because we are not familiar and skilled in their cooking. A fish soup seems a delicacy capable of being manipulated only by a Japanese or a Scandinavian. But most attractive dishes can be made of the salt fish if we take a little pains in the soaking, in the picking apart and seasoning. Dried fish, a good bread, and fruit may seem like the diet of an ascetic, but it offers all the needs of a plenteous meal.

Most of the dried fishes like cod, haddie (haddock) and mackerel yield best to the souffle or creamed forms of cooking, since they are so deficient in fat and starch that we must build up our meal with these other elements, os that Round steak, 19 per cent, protein, 12 an abundance of potatoes or bread, butand quality to the meal. Let us once in a while emulate the frugal foreigner tein. 28.8 per cent. fat, .7 per cent. ash to whom dried fish is an indispensable winter food.

Breast of lamb, 18.4 per cent. protein, Copyright, 1914, by Mrs. Christine Frederick.

# THE CARELESS WOMAN

"I'm too busy to bother with beauty" | a cucumber bandage about once a month said a woman the other day. "I have the house to look after, and the children to and right at hand. You probably handle house to look after, and the children to manage, and all kinds of letters and bills and servant questions, and everything else you can imagine to attend to. You see, my dear, when you get to be my age you won't be taking such infinite care of your hands, and watchinfinite care of your hands, and watching your nails, and all that sort of thing, either. I did it at your age, when John is just crazy over his family, and John was first coming to see me, but I've kept his home so well, I guess I have forgotten that he didn't marry the I got grandly over it after I was married awhile."

kind, Aunty, dear," said her young visiter decidedly. "Oh, I know, you probably said that, too; but I mean it. Jack and I think the world of each other, but I don't flatter myself that he'd feel the same ardor toward a frowsy head and a sloppy costume as he does now. It can't be done, dearie, I know from hearing the boys at home talk it over. Why, when Dora came to live with us she made them all wild by her careless habits. They were decent enough not to say a word about it, but they did a lot of thinking. Even I could see that.

"Besides, what seems like a lot of fussing to you is really second nature to me. I can't remember the day when I failed to take five minutes to brush my hair vigorously to get the dust out, and five more to polish my halls. Why, my dear, you can do that going down to breakfast. I keep a little box of polish within my reach, dab a bit on and polis

rub my finger-nails against the palm of my hand as I go downstairs.

"Then I keep a lemon handy at all times. It's so easy to use, and is good for almost anything. I use the fulce in my water when I wash my face, neck and arms. You only squeeze a few drops in. Surely that's no trouble, is it? "If my skin feels too dry, I get some olive oil from the cook and rub it in the pores. If it's too oily, I get some

gazing innocently out of the window, "Weil, a lot of good it will do them ried awhile."

"Well, I won't do anything of the a happy laugh and a new look in her

### Be Brave

Some people are so reserved that they cannot speak of their sorrows, and in the stress of our own we must try not to add our griefs to theirs. "Be brave yourselves, and that will help others to be

And though you may have worries, don't let them obsess you. Don't imagine that you ought to think about them, brood over them, every waking hour. That's bad for you and does nobody else a scrap of good. Give yourself a rest from your worries when you can.
Face trouble—yes. Face it bravely
when it comes. But don't think you must



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# Ellen Adair's Letters to "The Girl Who Works"

Based upon investigation and an intimate knowledge of the girl wageearner's struggles, Ellen Adair has written a series of personal articles to help girl workers get the most out of their lives.

These letters appear, with many suggestions from the girls themselves, every day in the

Evening & Ledger