

THE WOMAN AND THE HOME—PRACTICAL ARTICLES, NOVEL IDEAS, LATEST FASHIONS

ON KEEPING UP APPEARANCES

Ellen Adair Discusses the Sensibly Dressed and the Over-dressed Girl.

The keeping up of appearances is a very necessary thing in these days of keen competition. The woman who does not make an effort to put up a bold front toward life and mankind has fallen in a very essential part of living.

While good clothes are a real asset to every woman, no matter what her profession or line of life may be, the "dolled-up" woman will defeat her own ends, and probably create a very bad impression where she fondly imagined she was creating the very opposite.

In this matter of dress, however, appearances are all too frequently overdone. No prospective employer is impressed by the showy girl, no sensible man charmed by the overdressed woman.

RECKLESS QUOTATIONS: By SARA MOORE



PITY THE PROFESSIONAL GIRL. "Don't work too hard, girls. Margaret often says she wishes you had husbands—to save you from the hardships of professional life."

WHEN THE CHILDREN FALL SICK

The Tedious Time of Illness Is a Trial for the Children and Those Who Have the Care of Them—Here are a Few Hints by One Who Has Been Through It All.

Little patients can be very trying indeed to the home nurse. They are not old enough to realize the importance of keeping warm, taking their medicine regularly and doing what they are told.

top of the house; carpets, curtains and all the necessary furniture must be taken out of the room, which must be thoroughly cleaned before the patient is taken into it. What is more, a sheet saturated with carbolic must be hung outside the doorway of the room.

In nursing children the home nurse requires the utmost patience and tact. She must be gentle, though firm, with the little invalid, being able to make him realize that she is in absolute charge of the sick room and that in all things her will is law.

SOME OF THE DIFFICULTIES. Children's ailments are always a worry. You never know what the most simple cold is going to lead to, and a great deal of the anxiety connected with the rearing of children is the real difficulty experienced at times in being able to discriminate between the symptoms of various illnesses.

INFECTIOUS FEVERS. If one of the children should contract an infectious illness, think well before you undertake his nursing yourself. Remember that it will mean isolation from all the rest of the family for you, as the patient and his nurse must be isolated. The sickroom should be at the

CONVALESCENCE. It is during the convalescence of the little patient that a nurse's task is apt to be most arduous, he is so full of whims and fads and fancies. As a rule, he will flatly refuse to take his medicine. One cannot be harsh with a sick child, and yet at times it is most difficult to know how to make him take it, especially if it has a really nasty taste.

I have found that in these circumstances gentle coaxing always answers best—at least, it does with my boys. I make the little patient watch the lines which mark the measurement of the liquid, and tell him that as each line is left clear he is a step nearer to recovery. I appeal to his pluck also, and if the medicine is unusually nasty, I let him take a peppermint, or some simple kind of sweet that will not do him harm, after he has gulped down his dose, to take away the taste.

Of one thing I am very careful—I never neglect my own health for I know that to do so would be as bad for the patient as for myself. So I take my meals regularly, and never allow my nerves to get on edge. It requires strength of mind to be able to do this, but then you must have some strength of mind if you are to be a good nurse.

The Ways of Women

Mount Holyoke College has four girl students from China. Woodbury, N. J., has a woman's auxiliary fire company. Miss Julia C. Ferris has been elected a School Commissioner of Auburn, N. Y.

A POEM

Riches we wish to get, Yet remain spendthrifts still; We would have health and yet Still use our bodies ill.

MODES OF THE HOUR

Hats, at the present writing, can be divided into two classes, the hat with the generous brim and the hat absolutely without. The hat with the wide brim must be graceful, artistic and picturesque. The hat without must have a certain dash, an audacious quality—a defiance of military tradition and convention.

is remembered that they wear a very long time. They are not limited to black and white. In fact, a soft shade of brown is used for many of the loveliest of the new veils.

Don't Waste Your Sunflower Seeds

If only people knew how useful sunflower seeds really are, they'd never waste them. Why, they're just splendid food for poultry. The seeds contain a large quantity of oil, and in the cold weather many a poultry keeper would be glad to buy up all the sunflower seed he could get for his poultry.

Around the Clubs

The Hospitality Committee of the Philadelphia Club, of which Mrs. Henry L. Jump is chairman, will hold a meeting tonight at 8:30. Prof. Charles C. Hoyl, of the West Philadelphia High School for Boys, will give an illustrated lecture on "Glimpses of Artistic Florence."

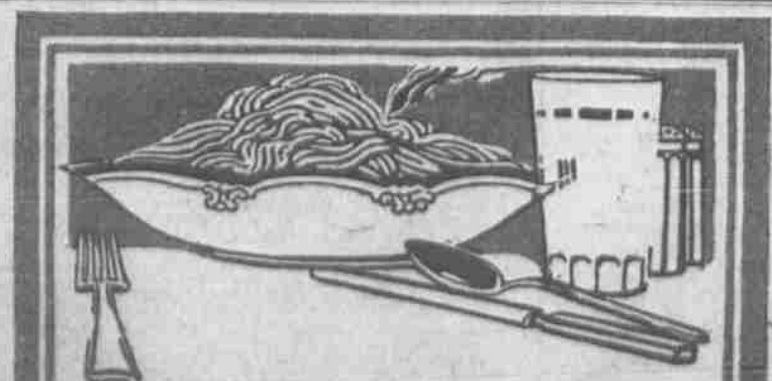


ATTRACTIVE MILLINERY OF NEW DESIGN

THE YOUNG DAUGHTER'S ALLOWANCE

The problem of a separate allowance for the young daughter is causing a good deal of discussion just now. The increasing independence of that young lady herself demands special attention, and justly so. One woman's story may illustrate the point.

should have an allowance, no matter how small. It teaches a child independence, thrift and honesty and develops a stronger character. A true-to-life story like this shows most forcefully the necessity of giving a girl a certain sum of money, even if it is only 50 or 75 cents a week.

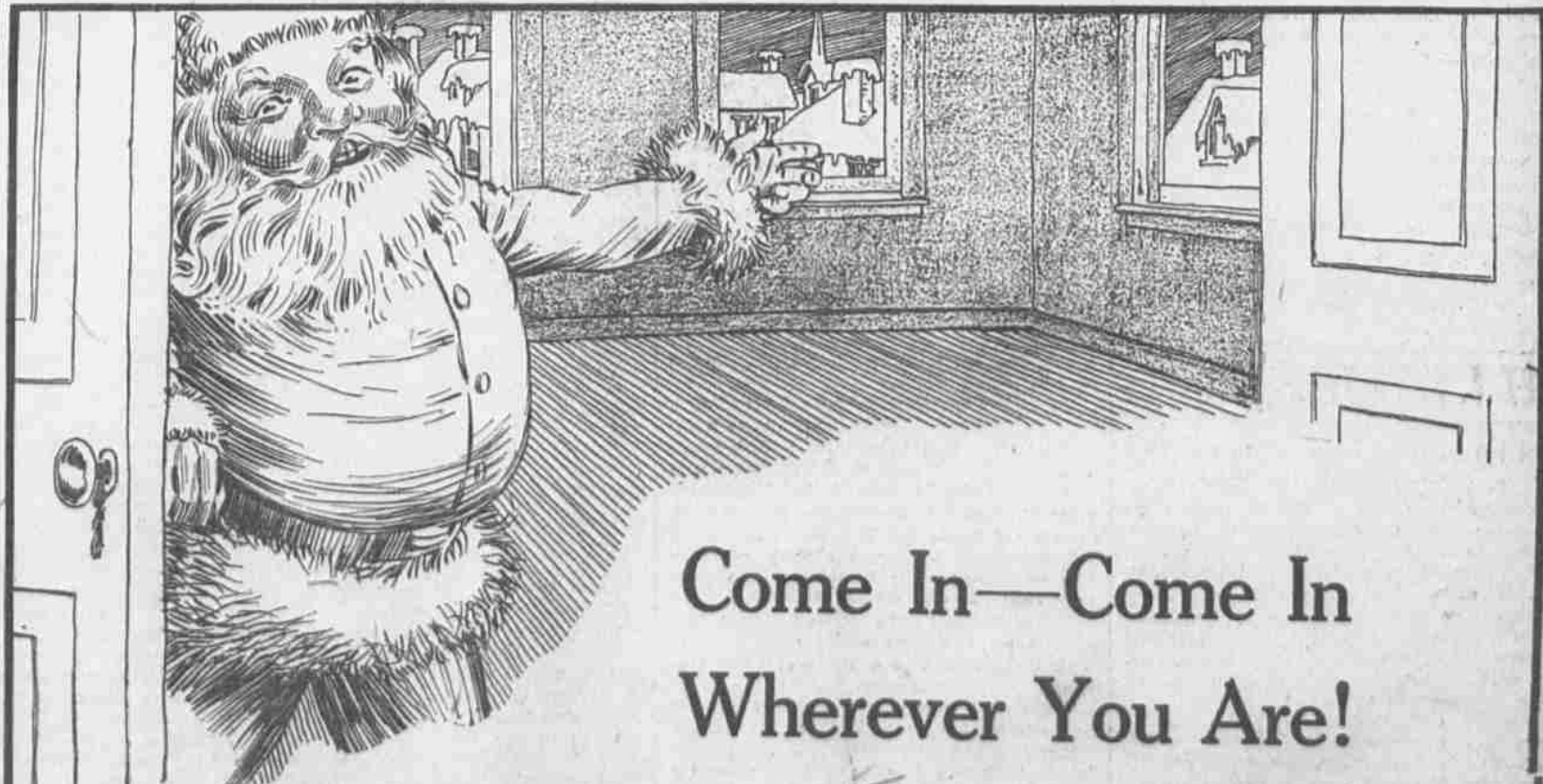


HEINZ Spaghetti COOKED READY TO SERVE

Here is something new for dinner, a blessed change from meat, good to eat, easy to serve—Heinz Spaghetti with tomato sauce and cheese. At grocers. Three sizes.

To heat it follow directions on the can.

ONE OF THE 57



Come In—Come In Wherever You Are!

Come in to the Santa Claus Storehouse, at 608 Chestnut Street, to the storehouse that was opened by the Public Ledger girls and boys to help the poor children of Philadelphia!

Come and see! Come and see what the children are doing for the children—THEN see what YOU can do! Just a little bit will help. Make one boy or girl happy.

Philadelphia—big warm-hearted Philadelphia—if you listen with your heart you will hear old Santa calling—

"Help! HELP! Everybody help—big folks—little folks—ALL of you—Merry Christmas must be made in Philadelphia too. HELP!"

We need money, toys, warm clothing. The Santa Claus Storehouse must be filled to the top before Christmas day in the morning. For on Christmas day the Ledger automobiles and wagons will start on their Christmas journey to carry their good cheer to the little children of our own city.

Nearly a thousand boys and girls are enrolled in this Santa Claus Club. Won't YOU join? Today—tell us where to get the food, clothes, toys or other things YOU have to give us (a Public Ledger auto will call for your gifts wherever you wish it)—or send a check payable to the United Security Life Insurance & Trust Co., 605 Chestnut Street, Treasurer for PUBLIC LEDGER SANTA CLAUS FUND.

ALL THAT YOU GET HERE IS FRESH

W.A. Bender