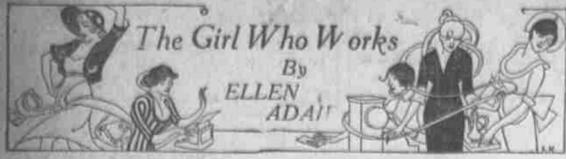


PRactical ARTICLES, CHRISTMAS SUGGESTIONS AND NEW FASHIONS FOR EVERY WOMAN



The Girl Who Works By ELLEN ADAIR

TO TELEPHONE GIRLS

Christmas day is approaching, and the matter of present-giving is an all-absorbing one to the girl who works. The prevailing idea of "shop early" is excellent and prevents that wild rush at the last moment which is the bane and the misery of the unfortunate giver who is foolish enough to leave everything to the last.

An excellent plan is to draw up a sort of working scheme as to your Christmas gifts. Write down a list of the people to whom you wish to give this year, and do not include unnecessary names in the list. Then opposite each name write down the amount of money you wish to spend, looking well to the balance of things and taking care that wishes do not run beyond your salary! If you adhere to this plan, and shop well ahead of time, your Christmas will be unmarred by the "last-moment" rush we all know so well and all so cordially dislike. ELLEN ADAIR.

CORRESPONDENCE

Christmas Entertainment

Dear Ellen Adair—I am a telephone girl and would like to ask you about Christmas entertainment. I have only a small salary, but I cannot afford much money for it. Please give me some ideas for something cheap. I want the party to be a success. YOUNG GIRL.

Christmas Giving

Many working girls seem to be much perplexed about this business of gift-giving at Christmas time. I think that Christmas-giving is certainly being overdone. One should only give presents to the people for whom one really cares or to those unfortunate people who have no one to help them in their poverty. I have received the following letter:

Dear Ellen Adair—I am anxious about Christmas gifts just now. All the girls in our office give each other gifts, generally spending about a dollar on each. My salary is only \$5 a week, and I have to pay \$4 a week for board as I am up here from the country. There are six girls in our office and I am afraid I shall be very me very mean. THOUGHTFUL.

His Difficulty

On the subject of Christmas giving I have received the following from a harassed young man:

Dear Ellen Adair—I am employed in a telephone company, and though I happen to be a man and not a girl, I thought you would have help me. Christmas is coming, and I want to give a certain number of presents to my friends, but I don't know how to do it. I have a very small salary, and I am afraid I shall be very me very mean. THOUGHTFUL.

One Type of Subscriber

Unfair to the Telephone Girl

Do you ever give the telephone girl the benefit of the doubt? If you do you are the exception, not the common individual. Somehow or other, the telephone girl comes in the class with the janitor, the plumber and the specialist—we blame them on general principles. You call up Sallie Smith and the report comes that the wire is busy. Now how many times do you believe this answer?

"She's only laughing. I never saw such a girl. She never gives anything but a good answer. I call a number she answers they're busy. I'll bet she has some fellow hanging over her chair or a novel she wants to finish. Really, I'm going to have the phone taken out. I never had such service! Why, the last time I was told the Smiths were busy they said they weren't busy at all. Mrs. Smith was sitting right beside the phone, and it never made a sound."

Women of this type cause a great deal of trouble. They make accusations against the telephone girl which they would be unable to prove. The people who said the phone did not ring may have been right as far as they know. Many times the servants are using it at the same time downstairs, or have left the phone open, and it is unjust and untrue to blame her on the score of ill-luck.

Women Workers

Women will be given a place upon the Advisory Wage Board to be established by the Industrial Commission of Wisconsin to make the investigation preliminary to the fixing of a minimum wage for women in Milwaukee.

When Baby Has a Fever

The first thing to do when you find out that baby is inclined to be feverish is to put him to bed. Allow plenty of air to circulate in the room, but take care to avoid draughts.

The best general treatment is a small dose of calomel, followed by one of castor oil. This clears out the intestinal tract and in itself is sufficient to reduce the fever. However, give the calomel only as directed, as too much of it may sicken a young child.

If baby is restless and fretful along with the fever, a bath will prove soothing. The temperature depends upon the constitution of the child himself. A sturdy baby can be immersed in a temperature of about 90 degrees, while a frail child should be in one of about 100 degrees. You can cool this by running cold water in gradually. Sponging the head and body freely and after a quarter of an hour take the child out of the bath and wrap him in a dry blanket.

If you are afraid to give the baby a bath, a cool sponge of equal parts of alcohol, vinegar and water is an excellent substitute. Don't make cold applications. They are too great a shock to the nervous system.

Did you ever operate a fever? The method is simple. Wrap the patient in one or two layers of gauze, which is moistened frequently with water at 110 degrees, evaporating all the time being renewed by means of a fan. Keep the feet warm by using a hot water bag. This can be kept up for about half an hour.

A baby subjected to such treatment is usually comfortable and very often falls asleep. The fever is reduced in a marked degree.

A febrile child may be allowed to drink freely, but condition requires it. Give him a spoonful of water at a time. Keep the feet warm by using a hot water bag. This can be kept up for about half an hour.

Communications of general interest, such as recipes, and very often full of news, are most welcome. Send them to the Editor, The Evening Ledger, 1008 Chestnut Street, Philadelphia, Pa.

The Nagging Woman

Tom and Agnes were considered the happiest little couple in the world. Every time it was a question of conjugal perfection, their acquaintances would remind each other of Tom's good nature, or Agnes' sweet disposition. This was true in part. Tom was too good natured to quarrel, and Agnes' disposition was only sweet in public. At home she was the worst type of tyrant, the kind of woman who nags unceasingly.

"Dearie, I have theatre tickets for Tuesday night. We can put the baby to bed early, and I'll call up and reserve a table for us at some hotel. Do you remember the last little supper we had together? You wore your blue crepe de chine."

"I wore nothing of the kind," answered his wife. "I wanted to buy a crepe de chine and you promised to get me one the next time you went to the wholesale house. You're still going, I presume. I don't see any reason why I can't dress like other women. Mrs. Scott buys a new gown for every affair she goes to, and her husband thinks she is an angel!"

"Well, I think my wife is an angel, too!" agreed Tom heartily. "You're just as charming if you haven't a new gown for every minute in the day."

"There you go again! Just because I can't afford to dress up you rub it in! I wouldn't go to the theatre with you now if I never got there. And besides, if you remember the last time you put baby to bed you left him in a draft, and he nearly got his death of cold."

Poor Tom was quite speechless after this accusation, for little Tom had developed a mysterious case of bronchitis after the last time his father had trusted to put him to bed.

Agnes was a model housekeeper, her home was always spotless, her cook was excellent. The baby was lovely, and was kept so by strenuous efforts on his mother's part. Tom would often pick him up from the floor and toss him up and down in his strong arms. This was most irritating to Mrs. Tom.

"For goodness' sake, Tom, leave that child alone. I have trouble enough trying to keep him strong and healthy without upsetting his digestion by that silly nonsense. You don't seem to realize that he has a rubber doll."

"Alright, Tommy boy, your old papa will put you back on the floor. Mamma must know best what's good for babies like you. There, young man."

Even a man with a disposition like Tom's can become ill-tempered, if he is the object of continual nagging. No one is so easy to get along with as a peace-loving man, and most men are built that way. You seldom hear me quarrelling. They say that they think, and that is the end of it.

The nagging woman is the only solution of the problem of perpetual motion. And it is a most unfortunate solution for her many victims. She seizes upon a falling, she elaborates it, she repeats it, she sings it in every sharp key on the scale. Every one fears her, for there is no "come back" to the nagger.

How to Dress Your Hair

How often is the whole appearance of an otherwise pretty woman spoiled by the total absence of a becoming coiffure? A woman may have the jewelry in the world, she may have deep soulful eyes and a matchless complexion, but she can ruin it all successfully by an inartistic coiffure. The prevailing fashion is a high, stiff, and unbecoming one, by any means. The sensible woman adapts the mode of the hour to herself, rather than vice versa. She makes fickle Dame Fashion not her fetish, but her slave. This is the mark of the truly successful tout ensemble.

There are certain fundamental laws of beauty and harmony which might help the woman whose hair is newly washed and she can't do a thing with it. They are based on supreme common sense. For instance, the woman with a very low forehead and a square jaw should never wear a fringe of bangs across her brow. She would look much better if she did her hair in a loose pompadour effect, raised slightly from the face.

On the other hand, a high bald-looking forehead looks much more attractive if it is softened by a net of hair. The oval face suits parted hair admirably. If you are inclined to have a prominent nose, never wear your hair in a funny little knot in the extreme back of your head. This is a sure way to make it draped becomingly about the face. A woman should study her profile most carefully and most impartially in her mirror. If it is good, she should dress her hair to make it as prominent as possible. If it is not pretty, she should conceal it as much as possible.

A change of coiffure is not only good for the hair, but it greatly relieves the pressure on a tender scalp. It may or may not be an improvement on the general appearance.

Nature never errs. She gives to each of us the color of her which is most becoming. It is not wise to dye the hair. Make the best of what you have.

Did You Ever Know That—

Pickles will never become moldy if you put a tiny bag of mustard in the top of the receptacle in which they are kept?

If your silk dress looks rusty you can revive it by sponging it with water in which potatoes have been boiled?

Mice can be most successfully exterminated if you stuff all their holes with a piece of rag which has been dipped in water and then in cayenne pepper?

A very quick way to cool a hot liquid is to pass it through a clean cloth saturated with cold water? And if the liquid is soup no trace of grease will remain?

If you lay your silver away in common flour it will remain bright for some time? You can warm over meat much more quickly if you wrap it in greased paper? The steam will prevent the meat from becoming hard and dry?

Perfumation remains can be removed from a thin shirtwaist by soaking it in cold water, to which you have added a little sodium bicarbonate, before it has been washed?

The Toilet Table

If your hands get very cracked with the soda water used for washing and washing up, nothing is better than to clarify a little mutton suet and rub it into the hands at night. Then put on a pair of old gloves with the tips cut off the fingers, and the palms left. After a few days' treatment your hands will be white and soft. If the skin round the nail gets sore, and the nails brittle, soak the finger-tips in warm olive oil every other night. You can use the oil again and again for this purpose, as olive oil is expensive.

A Light Diet

Light diet includes milk, milk puddings, curds and whey, chicken and chicken broth, eggs, custards, white fish—bread-and-butter, weak tea with plenty of milk in it.

There is lots of nourishment in all these things. They are easily digested and God's hand to increase inflammation, as richer, heavier and more solid things may do.

Be very careful to see that everything brought to an invalid is perfectly fresh and good.

Keep your stomach in the most nourishing food for constipation. One or two spoonfuls of castor oil, from 10 to 20 grains of calomel, or a few grains of croton oil, will do the trick. Do not use any of these unless you are sure you can stand the dose.



DAINTY WALKING SUIT

MODES OF THE HOUR

The tailleur, the trotteur and the sports suit are closely related to each other—so closely related, in fact, are the latter two that one well-chosen suit will answer both purposes.

Covert cloth, which has always been a strictly reserved for country wear, is now used for walking suits for town. In conformity with the vogue for fur, covert cloth suits appear trimmed with fur, which is decidedly incongruous and far from beautiful when the unfortunate choice is beaver.

Greenish gray, sand, bisque or putty are the tones in which this material is developed, and each and every one strikes a jarring note with beaver, even if the prejudice against fur and covert cloth is surmounted.

An attractive little "tour de cou" and a muff in one of the new small shapes are the best adjuncts to the trotteur suits when furs are necessary.

Straps and belts and buttoned pockets are features of the walking suit for town quite as much as they are of their country cousin, the sports suit.

The suit illustrated today is made of velours and has borrowed freely from the Norfolk jacket.

The coat is made with a yoke, with straps that follow the line of box plaits and with the plain collar and lapels that always accompany the Norfolk jacket.

Slipping the belt through a tuck, a plait or a strap is a favorite fashion just now, but not one to be recommended to the girl who proposes to wear her suit beyond the season.

Innovations and oddities have a disconcerting way of banishing as quickly as they come. When they first appear they have a certain style that carries the day, and afterwards they merely cheapen the appearance of a garment.

In addition to the natural fullness of the gored skirt, the skirt pictured here is box plait in front that is attached down only about half of its length.

The hat of sand-colored silk is faced with black velvet. The band around the crown is one of the novelty trappings and closes at the side with a cockade and an ornament.

Love

Love is not a bubble
Light and quickly past.
But through joy and trouble
Love will always last.

Love that in the sunshine
Sparkles bright and gay,
But which when clouds hover
Vanishes away.

Is but Love's faint shadow,
Love itself is true,
Both through cloud and sunshine
Faithful still to you.

On a Cold Winter Night

An Irish stew is a good dish for dinner on a blustering winter night. Cook a beef shank and add to the meat in the kettle sliced onions, carrots, turnips and potatoes; also little dumplings. Season well.

AN INEXPENSIVE CHRISTMAS ENTERTAINMENT

For the Girl Who Has Little to Spend

Christmas is the time for entertainment of every description. There are house parties galore, there are parties for the out-of-town guest, and almost everybody has a family reunion. Everything is so expensive these days that the girl who wants to entertain on a modest scale is often very much perplexed.

How to entertain in a generous and yet an economical way has puzzled more than one worthy housekeeper. The answer is really more simple than one would imagine—just this: Why not give a buffet supper?

The buffet supper is the last word in informal affairs. And people are getting more and more informal every year. It saves the hostess a great deal of inconvenience, as she can put all the eatables at once on a side table and will be spared all the bother of serving. Have a medium-sized table daintily spread with a pretty white cloth. On this you can put a dish of assorted sandwiches. There are a great many delicious and inexpensive kinds, for instance, the Pimento cheese sandwich. Other sandwiches may be made of olives, grated cheese, jelly, minced meats, cream cheese with brown bread, lettuce, cream cheese and nuts, and any meats you may have at hand.

This offers variety enough to please everybody, and will not cost you over a dollar at the most. With this you may serve hot coffee. If you have a percolator you can keep the coffee warm without much trouble. If you do not possess such a luxury, you will have to renew your supply of coffee once in a while. Let the men serve their partners.

Small dishes of candy should be placed here and there about the table. Then you can have a dainty plate of crackers on the side and a small 5-cent cream cheese covered with raspberry jam. This is very good, and if you are afraid of

having too much cheese on your menu, omit the cheese sandwiches. Don't forget to put several butter knives beside the crackers. The jam will cost you 20 cents and the crackers are 30 cents a box. The number of boxes depends upon the number of guests.

If you don't care to serve coffee, hot chocolate is good, but not quite so enjoyable for men. Grape juice and cider are also favorites, but a little more expensive. The candy might include chocolate straws (which come in all colors, and will add a pretty note of color to your table), old-fashioned sweets and some of the numerous Christmas hard candies. A half pound of each ought to be enough for a small party. The straws and chocolates are 40 cents a pound, and the hard candy is 25 cents, bringing your expenses up to about \$1.50 for all, not including the coffee, cider or grape juice.

Games are not being played very much any more, except at children's parties. It is much nicer to let people take care of themselves. Arrange your groups with an eye to mixing the grave with the gay, and kindness with the girls are well supplied with men. Nothing "queer" party so soon as an insufficient number of men. Have plenty of new music about, as some one is sure to be able to play and kindliness which comes from the hostess. A party where the true Christmas spirit is present, no matter how "inexpensive" the supper or the entertainment may be, is certain of success.

PRETTY FEET AND ANKLES

This Article Contains Some Very Valuable Hints for the Girl or Woman Who Takes the Right Kind of Pride in Her Appearance

In these days of short skirts it is very important that the feet and ankles should look trim and neat. Nowadays a long skirt for walking makes you look quite dowdy, and yet the girl with thick ankles and clumsy feet cannot be blamed for wearing her skirts long.

THE RIGHT SHOES.
You can do a very great deal toward making your feet look smaller than they really are. This does not mean that you should squeeze them into shoes a size too small for you. This is a very great mistake. Not only will your walk be awkward in the extreme, but very soon the shoes will lose their shape, for the parts of the foot which are most restrained are bound to bulge out as the leather softens. By wearing tight shoes also you really send part of the fat of the feet up to your ankles, making them look much thicker than they really are.

Boots with long, pointed toes are not the right shape for making the feet appear small. Choose rather those that are slightly rounded at the toes and with short toe-caps. Toe-caps of the proper shape serve to diminish the apparent size of the foot.

FLAT FEET.
A number of girls and women are flat-footed nowadays, having practically no arch to their instep at all. Constant standing is very bad for the shape of the foot, predisposing it to flatness. Domestic servants and salesgirls, unless they take great care, will rarely have that pretty, high instep which is so much admired, because they have to stand about such a lot at their work. If you have flat feet you get tired so quickly after walking, too, for your walk is robbed of its natural spring.

TO STRENGTHEN THE INSTEP.
The following simple exercise is very good for strengthening the instep and obviating a tendency to flat-footedness. Practice rising on tip-toe and then letting your heels fall naturally to the ground again about 20 times morning and evening. The muscles of your feet get strengthened considerably in this way as you are bringing them all into active

play. Never wear high-heeled shoes in order that an artificial arch may be given to your instep to supply the lack of a natural one. You will merely make the trouble worse if you do. Constant bathing in salt water has a very strengthening effect upon weak ankles. A little gentle massage daily is good for them also and will tend to improve their shape.

If your ankles are inclined to be thick wear perfectly plain stockings without ribs or ornamentation of any kind. Keep to black stockings, too. Never wear grey or tan ones—these will only serve to increase their apparent size.

Don't make the mistake of wearing very thin-soled shoes for walking. For dressy occasions, afternoon calls, etc., they are all very well, but if you walk long distances in them not only will you get tired very easily, but you will find your feet troubled with unaligned and painful corns on the soles of the feet.

Ingrowing nails prove to be a frequent trouble with those who do not know how to take proper care of their feet. Sometimes also the ingrowing toenails are caused by wearing tight pointed shoes. Never cut your toenails to a curve at the edges, as you do your finger-nails; they should be cut perfectly straight. Should the nail begin to show a tendency to grow into the flesh at the corners of the toe, make a V-shaped incision with a pair of very sharp scissors in the center of the toenail at the top. Gradually the nail will grow from each side until it closes together again at the gap, thus effectively checking the ingrowing tendency at the sides.

A good plan, too, is to insert just a long piece of cotton-wool between the toe-nail and the toe at each corner.

One of the greatest secrets of boot comfort lies in never wearing one's outdoor shoes indoors.

Gifts Worth While

If These Children Can Give Up Their Own Toys, Surely YOU Can Give Something, Too!

Fifteen hundred of them! Christmas fairies and Santa scouts are sending dozens of dolls and soldiers and games to the Santa Station to be distributed to the poor children of this city on Christmas morning. For Christmas must be "Made in Philadelphia," too. And we'll need lots more than even these brave little workers can send.

We want you grown-ups to help; send us toys, warm clothing; little sweaters; apples; candy; money to buy these things with; ANYTHING! A Ledger auto will call for the things if you want, or you can bring them to the

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