Health Hints -:- Fashions -:- Woman's Work -:- Household Topics

The Girl Who Drinks

By BEATRICE FAIRFAX.

We all remember Benjamin Frankn's little tale which ended "for want"

told that she certainly is not "a good fellow" unless she joins in and has a little glass there.

Then the men who are in the habit Iin's little tale which ended "for want of a nail the shoe was lost, for want of a group, insist that it is a personal affront if she refuses to trust them

sidering today—a subject suggested evitably on the one before!

The least that can happen is that

by a very interesting letter given here in part:

"I am an interested third party in a discussion on between two very dear friends of mine. A, who is 20, and B, who is 18, both went to a house party where they served wine and cocktails. A refused absolutely is all too certain to learn to like list and the contract of the contract of

and cocktails. A refused absolutely to touch a drop, while B at first refused, but after much persuasion drank one glass of wine and one cocktail.

"When they met the next day A upbraided B for drinking, while B defended herself by saying that she only did it for fear of offending her hostess and of making herself conspicuous as A did, for A was the only one of all present who refused. B further went on to say that she would never dream of doing it at any public place, but seeing that they were all place, but seeing that they were all friends at a friend's home she saw no harm in it. A, however, insisted that B had done an unwise thing and would not be convinced otherwise.

The next day it who is the saw public that the same of mind in which she will do things which would not her. Drink is an insidious foe, one no sensible girl should come to terms with.

If a girl has made the blunder of

touch anything they may serve her future hostess may feel offended at liquor—that's all."

her refusal in her home, whereas she accepted in the other girl's home. She confided to me that that was stand on a subject that it is a matter of personal tasks. the first time she had ever tasted of personal taste, wine and that she hated the taste. No hostess ins

and one cocktail in a private home, but it is the first step toward a very self to the natural stand of dignity, dangerous situation. Since "B" drank at the home of a friend she is likely looks frowsy and heavy-eyed, and her seriously to offend another hostess by taking a temperance attitude at a party in her home. But she had better risk that offense—instead of her own future!

I beg of all girls not to start the drink habit, and if they have started I appeal to them most earnestly to

Suppose she takes step number two; here is a little picture—not at all exaggerated—of the other steps that must follow:

stop now.

Mental inefficiency, moral laxity on the ethical side—and on the social side bad reputation, loud-voiced rowdiness.

of a shoe the horse was lost, for want of a horse the rider was lost," and the philosophy of that applies all through life to every first little false step, however trifling.

So it is with the subject I am consults of the step is such a tiny one—and follows so in-

"The next day B, who is a charming girl and liked by everybody, came to me and asked my advice. She has been invited to a birthday party by one of the girls present that day and as the party is in two weeks she is at a loss to know what to do. She is afraid that should she refuse to touch anything they may see the same of the last made the blunder of taking a drink or two in the home of one friend she can easily rectify it. At the next party to which she goes she can quietly say: "I made a mistake by taking anything to drink the other night. Please don't urge me to drink tonight, for I am determined is afraid that should she refuse to to to, and an argument won't make

wine and that she hated the taste of it."

"A" took the sane and dignified stand and I applauded her bravery. The girl who does not "yield to persuasion" is a splendid woman.

There is nothing particularly degrading in drinking one glass of wine and one cocktail in a private home, but it is the first step toward a very self to the natural stand of dignity.

In order to avoid hurting the feelings of other good friends, she must take a drink or two at their house parties, and then one of the group entertains in a restaurant and she is so clearly, inevitably indicated?

"Harmony" -0- Copyright 1816. International News Service. -0- By Nell Brinkley



TN the Park I saw them, these two, who would have joved the soul of "Hermione" and her "little circle of serious thinkers" because of their ideas of harmony! Not with the stars that stud the sky and shake there in the wind, if you please, but with the cloth of their gowns and the cut of them, and the dogs at their heels. Slimsey Sue, in Quaker-gray, was planned on long, high lines. Long feet, long face, long hands, long neck, and the long dear dropped at the shoulders from years of trying to get down in chumship with the rest of humanity! Beside her walked in gray longness a hound—the highest, And the two strode in lengthy dignity down a path to meet there

another picture all in lines harmonious-not this time a panel, but a circular affair! A wee wide girl with stubby burro-like feet, a short hat that sat atop of her short little face, a short jacket that flew out nat that sat alop of her short little face, a short jacket that flew out recklessly to the east and west and cared nothing for the scheines of "up-and-down," a short skirt, that stood out like a Maharajah's sunshade from her short limbs. Beside her nipped a chow-dog, who looked like a toy Alaskan bear telescoped. He, too, cared nothing for the cult of length. He gloried in chunkiness and knew that he harmonized with the lady who trotted behind him.

"My word!" breathed an aghast Englishman when he came in sight of the foursome. "that's really amazin' you know.""

sight of the foursome, "that's really amazin', you know!"

-NELL BRINKLEY

Make Weaning Time Easy For You and the Baby

You have brought your baby he must be weaned. And as he dabs about with bis little fists, you think sadly of the hard and weary days before you.

But weening time can be so easy for you and easy for the the rose leaf color in his cheeks.

Just change him from your own milk gradually, one feeding at a time, to something so like your breast milk that his tiny body will feel no change or shock. Your baby will slip easily into the use of

Nestlés Food

ecientists have given to the world.

Of course, if your baby can't have your own mile, he must have mile in some form. Since raw cow's mile is heavy and full of sickness, your baby will have to have cow's mile so changed that it will be asfe for him. Cow's mile is the basis of Nestlé's, but is the mile from healthy cows and clear, dairies. It is modified under the watchful care of doctors and scientists so that the heavy parts are modified. All danger of sickness is taken out. It is redu ed to a powder, packed in an air-tight can, and reaches you always fresh, always pure. No hand bas touched it, no germ can reach it.

No matter how careful you are at home, you could not modify your baby's mile as carefully as scientists have modified it for you in Nestlé's You cannot fres it from germs as Nestlé's does. You cannot add as scientists have given to the world.

exactly, just the fats, proteids and car-bobydrates your haby needs to build a healthy, round, sturdy body. Nestic's is a complete food, so you add only clear water, buil one minute and it is ready.

Send the coupon for a sample can (enough for 12 feedings) and see how Needle's makes him happy

NESTLE'S FOOD COMPANY, 204 Woolworth Bldg., New York Please send me FREE your book and trial package.

By Beatrice Fairfax.

Don't make the sadly popular femi-nine mistake of mistaking pettiness for dignity. Be perfectly pleasant to this young man when you meet him. Even if he is not particularly interested in you he will have to admire your poise and common sense. He has made a little social blunder, but don't take it seriously. Continue to be

Advice to Lovelorn Girl Workers Who Win Out Do You Know That

By JANE M'LEAN.

Be Amiable.

Dear Miss Fairfax: A young lady meets a man and asks him to call. He promises to let her hear from him within a week, but falls to do ao. Will you kindly tell me what affitude a young lady should assume in the matter. Should she be just as cordial as before or should she pass him by without acknowledging his acquaintance.

F. N. A.

By N. A. night. Grace liked the work, although it was confining. She liked from the woods that were somewhere the rush and bustle of it. She liked spreading green pathways for the more fortunate.

Grace was a dreamer, anyway. She

Dear Miss Pairfax. I am perpleased. I day actually visiting them in the serious aroung lady and she says she loves me. I asked her to travel with me and help me sell silverware from town to town. She refused. Shall I take it for granted that she cares more for what people war than she does for me?

Take it for granted that the girl you love has the proper respect for considerable and the connection happened to be poor, when a wrong number was a misdemann deserving unheard of abuse, meanor deserving unheard of abuse.

The days when everything went wrong from morning until night. When people were impatient and shouted if the connection happened to be poor, when a wrong number was a misdemann deserving unheard of abuse.

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The days when everything went wrong from morning until night. When people were impatient and shouted if the correction of supper cheered her, and the door.

"Gee, there's a peach of a picture in the Evening Journal tonight, sis."

When a suggestion of supper cheered her, and the door.

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was simple in despair, when her head her head and she was called "The from had to worse, and when she went home at night with a dim resolution never to go back. And then her mother would be kind and loving, and bathe her daughter's aching forehead, and tell the boys to study to her and looking over her shoulder. "It's big, that's what it is." whole world went wrong to see if I of There came a day worse than any it after this.

other. A spring day when Grace had not rise from a perfectly level sur-"Hello! Yes—number, please? 1170? Just a minute. The line is busy. Yes, I'll call you madam."

And so it ran from morning until night. Grace liked the work, although it was confining. She liked though it was confining. She liked

the people who called up were like. The superintendent had reproved and if their looks matched their her for careless mistakes, and she had made several more in conse-quence. Grace did not stop to think that small errors were of almost wanted to be able to write some day. There were days when the work was slack and she could sit and dream about the places she spoke of so familiarly in connection with her switchboard. Just the idea of some onous grind filled with mistakes that will bring the sear the sea coast do not require a better weather sign than the gulls, which in the various winds that will bring the rain collect in big flocks and gather in the fields or switchboard. Just the idea of some onous grind filled with mistakes that will bring the rain collect in big flocks and gather in the fields or switch over the land, wheeling the pans scouring with common sail, and screaming measily. They will

was almost in despair, when her head hands. She wore a steel band around

Grace met her mother's eyes over quietly because sister had had a hard his bowish thatch of hair. "I think day. It meant something to have a so, too. Ray, she said, her eyes mother who understood even if the brimming over auddenly. 'I'm going whole world went wrong, to see it I can't be more worthy of

time in mending their nets.

Fighting the Mosquito at Our Door

By WOODS HUTCHINSON, M. D.

Surely in a great metropolitan city like New York, where all swamps and ponds and sluggish rivulets and pools are either drained or filled up and built or paved over the mosquito can no longer be a menace! That he not only can be, but is, the bitter experience of last summer and fall is abundant and convincing proof. But why is

he, and what can we do about it?

First of all, while most mosquitoes, and all fresh water ones, fly only a few hundred yards from the pool in which they are hatched, certain saltwater breeds show an appalling tend-ency to migrate and allow themselves to be carried ten, fifteen and even thirty miles by the southerly winds This means that the whole scope of the marshes of Jamaica and Great South Bay, Staten Island and the Kill von Kull and the adjacent sweep of the Bayonne and Raritan bay marshes may, at times, particularly in the late summer, when the wind is right, fur-nish swarms to pour into New York

City.

This has been recognized for years by our wide-awake city Board of Health, and extensive measures of drainage of the marshes by ditches have been set on foot, and the active co-operation of the New Jersey health officers secured, as well as of expert advisers from the United States Public Health service, who have had ex-perience in Panama. A very great improvement in the mosquito pest in all these regions has already been won, everything is now lined up and ready for a grand campaign of abate-ment and extermination this coming

The only thing needed to make it successful is a vigorous and out-spoken public opinion behind it, and in support of it to overcome the stinginess and laziness of certain owners

sincess and laziness of certain owners of marsh property, who are quite willing that the city and state shall drain and improve their property and add enormously to its value, but in dignantly refuse to bear any part of the expense or even keep the ditches cleaned out after they have been dug. The other cause of rural mosquitoes in city flats is that we fail to realize how tiny and trivial and temporary puddles and poofs and collections of water will serve for mosquitoes to breed in. Any puddle or wet spot which lasts three weeks or more furnishes a first class incubator in which the mother mosquito may deposit her eggs, see them develop into wigglers, hatch out, spread their wings and fly away. wings and fly away.

In fact, incredible as it may seem, the chief source and breeding ground

of the buzzing and biting swarms which made life a burden in parts of New York City last summer and fall were hundreds of little puddles and pools and damp spots left and supplied by the frequent rains of a wet by the request rains of a wet summer in vacant lots, in old cellars, by the side of embankments, in un-improved parks and open spaces. Even such tiny and temporary "lakes" as the water in a tomato can or the bottom of a broken bottle, or an old boot or rubber, or a chipped cup or saucer, if they happen to be sheltered from the rays of the sur will prove a sufficient haven to hatch the mosquito "water baby" and send him stinging and singing upon his

Here, of course, everybody can help. Children not only not least, but most of all. Make a point of A curious custom prevails on the Gold Coast. Every Tuesday is devoted to the sea god. No fishing takes place, but the fishermen utilize the enough oil on them to coat them all

day actually visiting them in person might have been avoided. When she and screaming uneasily. They will placing on the store until the sair is brown not come in on a false alarm, and none shake often, and then wash the pan as and days.



Buy Armour's Star Bacon

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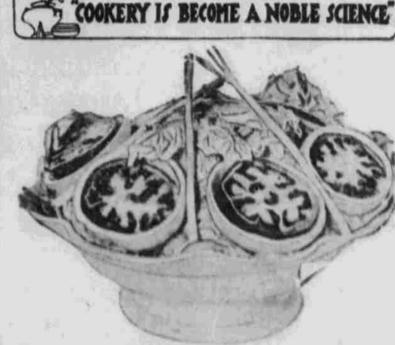
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A New Spring Salad By CONSTANCE CLARKE.

The question of salada is an except augur, and papers pepper; place

Pick one or two well-washed and herve for backeon or disner. dried crim lettuce heads into large . Commercia trabment in Shella s pieces, season well with olive oil. Read Ber Want Adv for profit, Use salt, vinegar, dry mustard, a pinch them for results.

precially interesting one, for with many a layer of the balad in a salad bond, presons this is the favorite course at cover it with slices of Spanish onlines bancheon and at doner. The follows and slices of tomators, and form a ing seriou is new, and makes a tempt- hurder around the disk. Garnish here and there with spring online