

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

The Girl Who Drinks

By BEATRICE FAIRFAX.

We all remember Benjamin Franklin's little tale which ended "for want of a nail the shoe was lost, for want 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 considering today—a subject suggested 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 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 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 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 serve her future hostess may feel offended at her refusal in her home, whereas she accepted in the other girl's home. She confided to me that that was the first time she had ever tasted wine and that she hated the taste of it."

"A" took the same 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 dangerous situation. Since "B" drank at the home of a friend she is likely 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!

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

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

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 of seeing her drink when she is one of a group, insist that it is a personal affront if she refuses to trust them enough to take a drink when out alone with them and pretty soon "B" finds herself expected to do a "little drinking" whenever she goes out for a social evening. And each step is such a tiny one—and follows so inevitably on the one before!

The least that can happen is that she is judged by people who see her taking liquor in public places to be a rather rowdy and ordinary young woman.

But a far greater danger waits her than unfavorable public opinion—she is all too certain to learn to like liquor. And although the word drunkenness is hideously abhorrent and seems very, very far away from the girl who takes a drink or two in a friend's home—drunkenness lies ahead.

Medical tests have proven that drink lowers mental efficiency. Social experience has shown that drink lowers moral dignity. The girl who gets the drink habit hurts her brain cells and puts herself into a dangerously "mellow" frame of mind in which she will do things which would ordinarily be abhorrent to her. Drink is an insidious foe, one no sensible girl should come to terms with.

If a girl has 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 not to, and an argument won't make any of us happier. I just don't like liquor—that's all."

No preaching, no "holier than thou" attitude is necessary—just a definite stand on a subject that it is a matter of personal taste.

No hostess insists on your eating lobster if it is repellent to you. No hostess has a right to force her guests to drink if they quietly remark that they don't like liquor.

For any 18 or 20-year-old girl to form the drink habit is hideously and criminally dangerous.

Feminine vanity ought to lend itself to the natural stand of dignity. The woman who drinks generally looks frowzy and heavy-eyed, and her mental state is reflected in her appearance. I beg of all girls not to start the drink habit, and if they have started I appeal to them most earnestly to stop now.

Mental inefficiency, moral laxity on the ethical side—and on the social side had reputation, loud-voiced rowdiness, and coarsened appearance! What girl wants to yield to the plea to "be a good fellow" and take a drink or two when the price she will have to pay is so clearly, inevitably indicated?

"Harmony" -o- Copyright, 1916, International News Service. -o- By Nell Brinkley



IN the Park I saw them, these two, who would have joyed 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 deer dropped at the shoulders from years of trying to get down in chumship with the rest of humanity! Beside her walked in gray loneliness a hound—the highest, longest dog.

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 recklessly to the east and west and cared nothing for the schemes 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.

Advice to Lovelorn Girl Workers Who Win Out

By BEATRICE FAIRFAX.

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 fails to do so. Will you kindly tell me what attitude 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.

Don't make the sadly popular feminine 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 perfectly pleasant.

Do You Know That

It has been noticed that a bat cannot rise from a perfectly level surface.

The sirocco, or sand storm, of the Arabian desert is exceedingly treacherous. It often digs pits 200-feet deep, scattering the sand for miles around.

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 time in mending their nets.

Dwellers near 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 circle high over the land, wheeling and screaming uneasily. They will not come in on a false alarm, and none need fear they will make a mistake.

To Remove the Odor of Onions

The disagreeable smell of onions which clings to pots and pans so stubbornly can quickly be removed by washing and drying the pans, scouring with common salt, and placing on the stove until the salt is brown. Shake often, and then wash the pan as usual.

These were the days when Grace was almost in despair, when her head ached violently, when matters went from bad 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 quietly because sister had had a hard day. It meant something to have a mother who understood even if the whole world went wrong.

There came a day worse than any

TODAY'S DAINTIEST DISH

"COOKERY IS BECOME A NOBLE SCIENCE"



A New Spring Salad

By CONSTANCE CLARKE.

The question of salads is an especially interesting one, for with many persons this is the favorite course at luncheon and at dinner. The following recipe is new, and makes a tempting salad.

621 Residents of Nebraska registered at Hotel Astor during the past year.

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A cuisine which has made the Astor New York's leading Banqueting place.

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 Suite, Bedrooms and Bath, \$10.00 to \$12.00

TIMES SQUARE

At Broadway, 44th to 45th Streets—the center of New York's social and business activities. In close proximity to all railway terminals.

Make Weaning Time Easy For You and the Baby

You have brought your baby safe and serene to the time when he must be weaned. And as he dines about with his little bits, you think sadly of the hard and weary days before you.

But weaning time can be so easy for you and easy for the baby. It need not even ruffle 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

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because Nestlé's is the nearest thing to mother's milk that doctors and scientists have given to the world.

Of course, if your baby can't have your own milk, he must have milk in some form. Since raw cow's milk is heavy and full of sickness, your baby will have to have cow's milk as changed that it will be safe for him. Cow's milk is the basis of Nestlé's, but is the milk from healthy cows and clean 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 reduced to a powder, packed in an airtight can, and reaches you always fresh, always pure. No hand has touched it, no germ can reach it.

No matter how careful you are at home, you could not modify your baby's milk as carefully as scientists have modified it for you in Nestlé's. You cannot fine it from germs as Nestlé's does. You cannot soften the tough cord as Nestlé's does. You cannot add so exactly, just the fats, proteins and carbohydrates your baby needs to build a healthy, round, sturdy body.

Nestlé's is a complete food, so you add only clear water, but one minute and it is ready.

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