

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

The Habit of Telling

By ADA PATTERSON.

Have you lost the habit of self-tattling?

Two murder trials, one that ran its dramatic length in New York, the other in a town near Chicago, have turned largely upon the self-tattling habit revealed by two of the chief witnesses. One woman might have held the public to its benefit-of-the-doubt attitude, and her husband in the belief that she was true as well as tender, had she not turned tale-bearer upon herself. Now the public, through her own confession, ranks her as a blighter of love, a deceiver of the husband who reposed his faith in her. In the other case, the claim of a girl who had been a self-tale-bearer violated the confidence of the dead girl and blazoned her faults to the world.

It is a strange, disastrous impulse that bids us flaunt our own follies and spread our own sins before an unsympathizing world. A physician termed it "the fatal impulse to confession." I know a young woman addicted to it. She told the neighbors every time the office boss reproved her. She told all her girl friends every time she fell in love or thought she did. All the family quarrels were detailed by her to whoever would lend an ear. All her mistakes in judgment and in act she made the common property of her little world.

Once when I had been, for the nine hundred ninety-ninth time, her confidante in matters which were none of my affair, I asked her why she told them. She answered: "Because by telling my troubles I get rid of them."

This is true in some instances. If the spine is weak it is a relief to shift the burden to another back. If the mind is weak, it is a relief to shift the weight of a troubling secret to another and sturdier mind. If the back is strong the owner prefers to bear the burden himself. If the mind and character be strong, both grow and strengthen by stiffening themselves against the burden. Resistance is a faculty that is like all others, strengthened by exercise.

Prominent in my memory is another figure. A female one this, too. She had a strong face, a little sad at moments, when she was tired or when she thought no one was looking. Then the brave, calm mask fell. What I saw showed me the world-old story of pain and weakness. But it was pain being conquered, weakness being strengthened. Said that woman to me, "I have never given a confidence that I have not regretted." When I pressed her for reasons for this, she answered, "It isn't fair to the person who has to listen. He has enough to carry. We all have."

Whenever, after that, I saw this woman listening to the whine of some weak trouble-passing-on human, I remembered how tired and sad her face was, and that little time the mask of calm bravery had slipped.

Don't tell your troubles. It isn't fair to the one who has to listen. It isn't fair to yourself. Remember that long, long after the trouble you have related has passed, leaving slight trace upon your heart, others in whom you have confided will remember, and, remembering, pity. Telling your troubles is photographing them indelibly upon the memory of others. Don't be that kind of a photographer; who, that deserves to live, wants pity; Don't be a self-talebearer.

Smart Models for the Up-to-Date Girl



The plaited jabot, which is becoming to almost every one, is particularly so when combined with a color, as in this waist, which is in a lovely quality of white voile with blue, black or rose dots. The plain white voile collar, jabot and flaring cuffs are edged with Valenciennes lace.



The felt hat, one of the smartest of the autumn sports models, may be had in any color. In a lovely heavy quality is the all-silk sweater, with collar and belt knitted in a crosswise stitch. In rose, blue, Copenhagen blue, yellow, maple green, black, purple or black and white.

An exceptionally good sweater of imported angora. It is excellent in style and wearing qualities, and may be had in rose, blue, white, tan, apricot, emerald green or dark green. The velours hat is a first autumn model with a little round mushroom brim, and may be had in any color.

Music of the Spheres

BY GARRETT P. SERVISS.

"What is the 'music of the spheres'? Is it the vibrations culminating in sounds, colors and conditions of matter?—J. L. W."

The "music of the spheres" is a sublime mental conception, which may or may not have a material basis.

It is the flower of the idea of harmony, in its broadest sense. Pythagoras, Plato and other ancient thinkers were charmed by this idea, and they sought to express its beauty and the principle on which it rests by imagery and suggestion. According to Pythagoras, who discovered the harmonic numbers underlying musical consonance, this celestial melody always surrounds us, but, being accustomed to it from our birth, and having

nothing with which to compare it, nothing to render it evident to our bodily senses (which are concerned only with the coarser stimuli of the heavy material world), we do not perceive it.

The central thought was that the heavenly bodies were carried round and round the earth embedded in concentric crystalline spheres, or shells, of absolute transparency, and that these revolving shells, moving over one another, produced an all-pervading harmony of sounds, of superhuman delicacy and beauty.

Cicero, level-headed statesman as he was, capable of dealing with the stern realities of the Roman world, believed in the music of the spheres. Shakespeare put the substance of the idea in words that can never die. He makes Lorenzo, in "The Merchant of Venice," say to Jessica, as they sit on a moonlit bank, on an exquisite Italian night:

"Look, how the floor of heaven
Is thick inlaid with patines of bright gold!
There's not the smallest orb which thou beholdest
But in his motion like an angel sings,
Still quiring to the young-eyed cherubims.
Such harmony is in immortal souls,
But whilst this muddy vesture of decay
Doth grossly close it in we cannot hear it."

Science has nothing to say about the music of the spheres, and recognizes no such thing, for there are no crystal shells surrounding us, and the earth is not the center of motion for any of the heavenly bodies, not even the moon, since the only effect of the earth's attraction on the moon is to bend its path in and out as it travels with the earth round the sun. As has been often said, the discovery that comets rush in every direction through space around us "demolished the crystalline spheres."

But notwithstanding all this, the underlying principle of the music of the spheres runs through all scientific discovery. The universe is found to be an organic whole; its laws are everywhere applicable, and harmoniously active. But harmony is the soul of music, and if we widen the idea of music so as to include every kind of harmonic action, and not simply the

accordant vibrations of air which affect the brain through the ear, we perceive that the "music of the spheres" may be an expression for the harmonious working of the entire machinery of the universe.

And very likely this was the real thought in Plato's mind when he averred that each of the revolving spheres carried with it a siren, sounding its own particular note, and that these various notes being in harmonious accord, produced a perfect concert, which so delighted the attendant sirens that they "sang divine songs and accompanied them with a sacred dance." This method of expression was merely a poetic dress for an idea that even Plato was unable to define without the use of figurative language.

Thus Plato had at least the germ of the thought on which modern science is based, viz., that everything in the universe is at the same time relative and accordant, and that, though possibly undiscoverable to us, there is a principle of harmony which forms the clue to all phenomena.

It is natural for us to seek this principle in vibration, or motion, because we find that that prevails everywhere. Light, heat, sound, electricity, atomic action, may the very existence of atoms and of matter and life itself, depend upon vibratory motion. The universe quivers, and therefore, and thereby, it lives.

Let the universal vibrations cease or fall into discord, and stars, suns and worlds would disappear as completely as if they had never been. In a moment, in the twinkling of an eye, there would be nothing that we call anything. The resulting chaos itself would be a chasm, an abyss of nothingness.

It was a happy choice of words that designated the principle of universal harmony as the "music of the spheres," for there is no other impres-

sion reaching our minds through our senses which so stirs our inmost nature as music does. It is not the ear that understands music—the ear only transmits the vibrations that it receives. I will not even admit that it is the brain that understands, for it is not the brain, which is also a machine, but the mind. Yet the mind, the real master, is indefinable. Music as we comprehend it is only a partial thing. It is the music of sound, but there must be as many forms of music as there are energies in the universe, and one combined harmony includes them all.

The Goat Ahead of All

In Switzerland, the goat is placed ahead of all other animals. If a boy plagues a goat he can be fined and sent to prison. If a person meets a goat on a path and drives it aside he can be arrested. If a goat enters the yard of a person not his owner, and is hit with a club or stone, the person guilty of the offense must pay a fine.

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Don't Shock Your Baby's Digestion

When you try to change your baby from your own perfect milk to the heavy, germ-laden milk of a cow—you are giving his little stomach a shock he may not be able to stand. Raw cow's milk has a large, tough, indigestible curd. It takes the four big stomachs of a calf to digest it. Cow's milk often carries the germs of diphtheria, scarlet fever—and most dreaded of all—summer complaint. "Cow's milk"—says our National Government—"is ordinarily marketed is absolutely unfit for human consumption." When you wean your baby—mean him one feeding at a time—on a food so like mother's milk that he will slip into the new food smoothly and easily—mean him on



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the nearest thing in the world to mother's milk. Don't shock his frail system by changing him to cow's milk, meant for calves, indigestible, full of tough curd—the carrier of diphtheria and scarlet fever germs. Milk is used as the basis of Nestlé's, but it is milk from healthy cows in clean dairies—and even then it is purified to make sure. The heavy parts that are so bad for the baby in raw milk are modified. The things your baby needs and that cow's milk does not contain, are added. Reduced to a powder, packed in an air-tight can—it reaches you always fresh, always

pure. No hand has touched it—no germ can reach it. Nestlé's is a complete food—so you add only clear water, boil—and it's ready—ready with the fat, protein and carbohydrates your baby needs to build a healthy, round, sturdy body. Send the coupon for a FREE Trial Package of 12 feedings and a book about babies by specialists.

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Frozen Desserts

- Lemon Ice.**
Two cupfuls sugar, three-quarters cupful lemon juice, four cupfuls water. Make a syrup of sugar and water by boiling together for fifteen minutes. Cool, add lemon juice and strain. Freeze.
- Crème De Menthe Ice.**
One quart water, one cupful sugar, one-third cupful green Crème de Menthe cordial.
Boil the sugar and water together for fifteen minutes, then cool. Add cordial, strain and freeze.
- Pineapple Salad.**
Two cupfuls pineapple, chopped fine; one cupful pecan meats, one quart water, two cupfuls sugar.
Make a syrup of sugar and water by boiling together for fifteen minutes. Add pineapples and nuts. Turn into can which has been scalded and cooled. Freeze.
- Raspberry Salad.**
One quart raspberries, one cupful pecan meats, one cupful sugar, one cupful water.
Cook raspberries with sugar for twenty minutes, strain through cheese cloth. To this syrup add water and pecans. Freeze.
- Orange Ice.**
One quart water, two cupfuls orange juice, two cupfuls sugar, grated rind of two oranges and quarter cupful lemon juice.
Make a syrup by boiling sugar and water together for twenty minutes; add fruit juice and grated rind. Strain and freeze.
- Pineapple Ice.**
One quart water, two cupfuls sugar, one cupful pineapple juice, one tablespoonful lemon juice.
Make a syrup by boiling sugar and water together for twenty minutes, add fruit juice and strain. Freeze in usual manner.
- Raspberry Ice.**
One quart raspberries, one cupful
- sugar, one cupful water, one tablespoonful lemon juice.
Mix sugar with berries, cover and let stand for two hours. Mash and strain through a cheese cloth, add water and lemon juice. Freeze. Made in this way it will retain its natural color.
- Currant Ice.**
One quart water, one and a half cupfuls sugar, two cupfuls currant juice.
Make a syrup by boiling sugar and water together, cool and add currant juice. Strain and freeze in usual manner.
- Violet Ice.**
One quart water, one cupful sugar, one third cupful crème Yvette cordial.
Make a syrup of sugar and water by boiling together for fifteen minutes. Cool, add cordial, strain and freeze. When ready to serve, garnish with candied violets.
- Apricot Ice.**
One quart water, two cupfuls apricots, two cupfuls sugar.
Cook apricots until very tender. Crush through a fine strainer. Make syrup of sugar and water by boiling for fifteen minutes, mix with apricot pulp and freeze.
- Fruit Ice.**
Two cupfuls juice, one cupful pineapple juice, two cupfuls sugar, two cupfuls orange juice, four tablespoonfuls lemon juice.
Strain all fruit juices together, mix with sugar and freeze. Other fruits may be substituted.
- Frozen Custard.**
One quart milk, half cupful sugar, quarter teaspoonful salt, three eggs. Heat milk; beat eggs well together; add sugar and add salt to them. Add hot milk slowly to eggs and sugar, stirring constantly. Cook over hot water until it coats a silver spoon. Strain and cool. Freeze in usual manner.

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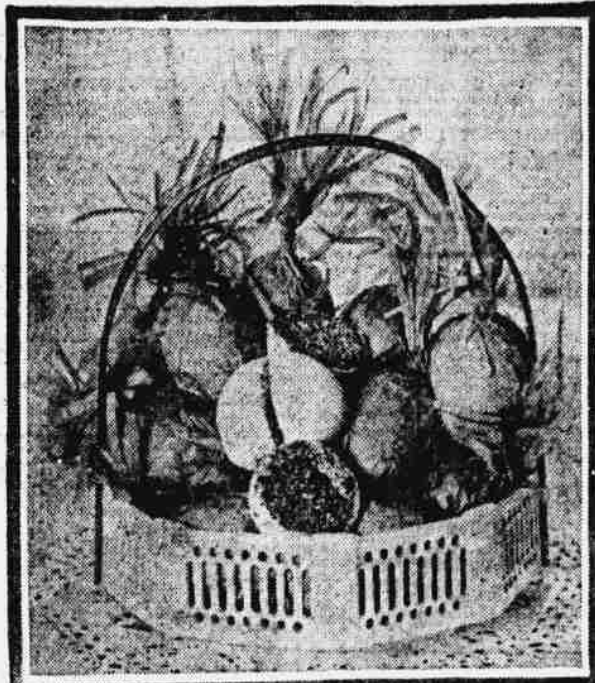
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TODAY'S DAINTIEST DISH

COOKERY IS BECOME A NOBLE SCIENCE



Stuffed Eggs

By CONSTANCE CLARKE.

Stuffed eggs are delicious for a picnic luncheon, and if conveyed to their destination wrapped in dainty paper to keep them fresh, are sure to be appreciated. Cut green or yellow tissue paper into six-inch squares, fringe the ends, roll an egg in each, adding a slip of paper containing a fortune-telling rhyme written by the hostess.

Cut desired amount of hard-boiled eggs in halves crosswise; remove the yolks, then add an equal amount of cooked lean ham pounded to a paste and seasoned with salt and pepper, onion juice, French mustard, lemon juice and olive oil sufficient to make a smooth paste. Fill the eggs with this mixture and press the corresponding half closely upon it.

Serve wrapped in paper in a small basket.
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Dr. J. J. Caldwell says that this exceedingly distressing disease does not shorten life, but does not appear to be curable. Sufferers from this affliction are condemned to undergo the periodical attacks every few weeks until they are forty years of age, after which the attacks are less frequent, and finally disappear entirely. Palliative measures during the attack are all that it is possible to suggest, while care in the diet is the best preventive measure. An attack may often be prevented by taking two anti-kamnia tablets when the first symptoms appear, and one anti-kamnia tablet every two hours during the attack shortens it, eases the pain and brings rest and quiet. Anti-kamnia tablets may be obtained at all druggists. Ask for A-K Tablets. They quickly relieve all Pain.

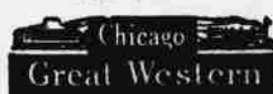
Heat Wave Broken

Remember that the recent heat-wave was broken by cooling winds from Minnesota's Lake Region

Average Summer temperature in Minnesota is only 67 degrees. As you go North the thermometer goes down.

Land of Hiawatha

Let us suggest a point to go to, quote the motor trip fare and give an idea of what to do while there and what it will cost.



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