WOMEN'S INTERESTS, THE HOME, FASHIONS



Hereafter no letter will be caswered unless accompanied by the name and address of the writer. This is not for publication, but as an evidence of good faith on the part of the sender.

Write on only one side of the caner.

A Sailor's Bride.

I am in love with a sailor and am engaged to him. We will be married in the middle of this month when he returns with his ship to Brooklyn navy yard. He has received permission from the head of his ship, which is the new battleship Utah, to take me on the ship after we are married. I do not like this, as I do not wish to be with so many men. Will you kindly give me your advice? He gets a good salary. Yours respectfully,

D. C.

I think you are mistaken if you un-

derstand that your fiance has obtained he has received a visitor's pass that ship on a tour of inspection. It is wishes" to have you see his home. I am sure course, desire to meet you, but even if you married a man in another profession the same thing would be true. Why not start your married life aright by sharing your husband's interests and making his friends your friends? It's the only way that two people can be truly congenial. Remember that "a sailor's bride a sailor's pride should Easter Novelties. be." He will be very proud to intro-duce you to his friends, and you must feel a sincere pleasure in meeting

Soft Gingerbread.

My dear Miss Doon: Will you kindly publish a recipe for soft ingerbread? J. M. J.

teaspoons baking powder, 1/2 made in the top of the eggs they can be very easily filled with small canded sugar. Mix and sift dry ingredients and add alternately with a small or shallow boxes lined and frilled with small candel in shallow boxes lined and frilled with small candel sugar. to first mixture. Turn into a buttered cake pan and bake thirty minutes in a moderate oven.

These will make most attractive little favors for the Easter table or for an Easter party during the holidays.

******** | Marriage Announcement Etiquette. Dear Miss Doon

I am writing to you to ask if an invitation is received announcing the marriage of someone that they would be at home at a certain time, if you are supposed to just call or is a present required, too? Also what would be an appropriate or advantagement of the supposed to a suppose the supposed to a suppose the suppose that the suppose the suppose the suppose that the suppose the suppose the suppose that the suppose the suppose the suppose that the suppose that the suppose the suppose that the suppose the suppose the suppose that the suppose the suppose the suppose that the suppose the suppose the suppose the suppose that the suppose the suppose the suppose the suppose that the suppose the su appropriate graduating present for a young man of 17; not too expensive?
WANTS TO KNOW.

panied with an "at home" card, or stating the "at home" days, require no gift, nor is any expected, although it is perfectly proper to send a gift if desired. It is courteous to call on the "at home" day, or one of the "at home" days mentioned and it is also considered good form to call on the birde's parents or to leave cards for them within two weeks following the receipt of the announcement. It is not infrequent to answer the announcepermission for you to live on the ship ment by a brief note of good wishes with him. He probably means that and congratulations to the bride or groom, or by the mailing of visiting entitles him to take you through the both, with the words, "sincere," "good ship on a tour of inspection. It is wishes" or "hearty congratulations' perfectly natural that he should desire written thereon.

Books are always acceptable as gifts that you will not be embarrassed in for any occasion, provided the taste of any way. Visitors are a frequent oc-currence on shipboard. Your prospec-tive husband's intimate friends will, of or any article for the young man's room in the way of a picture, pillow or useful article for his desk. Leather address and memorandum books are good and may be purchased for a reasonable sum.

Dear Miss Doon:

We have a number of empty egg-shells from which the contents have been "blown" out from either end. Could you suggest how they could be used for Easter? Is there any way of filling them with candy, leaving the shells whole, except for the two little holes at either end? Yours ruly, J. W.

With just a little larger opening all of the little muscles which other- A crepe paper to hold the eggs upright,



HOUSEHOLD Henrietta D. Grauel

ways in which they are served by the place a few spoonfuls of creamed ordinary housekeeper-fried, boiled, chicken livers. Chicken and turkey an occasional omelet and scrambled. the meat market.

Some cooks cannot them so they are moist and tender break one or two eggs, season and and evenly seasoned and all cooked place in oven until firm. Thicken the uniformly. This is because they break to scramble them while they cook.

Try this way the next time: Break the eggs into a bowl, and for every three eggs add a tablespoon of cream or top milk. Beat until smooth and force meat. Place poached eggs on or top milk. Beat until smooth and this and surround with cream. If you add salt and pepper. Have the buthave asparagus tips add them to the ter in the frying pan as hot as it may cream be without scorching. Pour in enough of the egg mixture for one serving or fowl into bits and mix with beaten and stir it about briskly until set. eggs. Add a little sweet pepper, Serve at once on a heated plate. If minced finely, and a sprinkling of sait. and stir it about briskly until set. eggs. parsley is used mince it finely and ture and place in oven until firm. Serve add with the other seasoning.

Shirred eggs are a welcome change. Butter baking cups and break in the eggs on fish cakes and eggs with eggs, beating a little or not, as pleases creamed spinach are good eating and you. Place in oven until set.

shallots and mushrooms are seasoned or make into an omelet. To six beaten with salt and pepper and parsley and eggs and a half cup of rich milk add placed in the bottom of the egg dish before the eggs are put in. The dishes should be well buttered and remain in and put with their oil into the frying the oven about six minutes.

Lenten dish, but are a good combina- ment and then finish as with any ometion at any time. Trim and broil two let. tion at any time. Trim and broil two let.

Little loaves with eggs are a French way of using left over rolls. Remove the centre from long rolls and place in the centre from long rolls.

of boiled rice on a flat hot platter. and serve.

Recipes for preparing eggs are ex- Carnish with fried or poached eggs. tremely limited if we judge by the On top of the rice, around the mounds,

he meat market.

Eggs Shirred with Cream—Butter a bread crumbs and fry again in plenty make collar, revers and cuffs as illusmall, individual serving dish. Into it and serve hot, garnished with parsley.

The meat market.

bread crumbs and fry again in plenty make collar, revers and cuffs as illusmall, individual serving dish. Into it and serve hot, garnished with parsley. cream or make it thin cream sauce, and pour over it. Sprinkle over with ther into the hot frying pan and try grated cheese and buttered crumbs. Return to the oven for one moment

more. Creamed Eggs-Spread rounds of buttered toast with chicken or other

Butter a baking dish, pour in the mixwith tomato sauce.

Eggs scrambled with mushrooms, ou. Place in oven until set.

Eggs a la Cocotte are made as eggs or peach them. Eggs a la Cocotte are made as eggs or poach them, and serve with shirred eggs, except that fried minced the little fish heated in their own oil. pan. Toss about until they begin to Eggs with kidney are not exactly a brown. Put in the eggs, toss for a mo-

or peach two eggs, season and arrange as wet bag to heat. Scramble the eggs with the meat on the sauce. vith the meat on the sauce.

Eggs a la Turque—Place two pounds with the eggs, cover with cream sauce

THE NEW EAR DROP HAT



Taking advantage of the present vogue of earrings, the fashionable milliners have produced this "Ear Drop" hat. It is made of black chip with a pom-

EXERCISE FOR WEAK

ANKLES.

The best exericise to strengthen weak ankles is to practise standing

on the tiptoes, thus bringing into play

wise would become cramped. Practise

rising on the toes frequently during

EGG CUTLETS.

New Empire Gown

STYLES CO

FOR SHOPPERS

TIMELY HINTS

\$8.60, are selling for \$1.98 at Bedell's and French serge dresses, valued at

Eggs are selling for 27 cents a dozen at the Great Atlantic and Pacific Tea

At L. S. Plaut & Co.'s the \$7.50 and \$8.50 trimmed hats in the latest spring styles are selling for \$6.25, and the

regular \$1 C. B. corsets for 77 cents. At Stuart's novel designs in street dresses are selling for \$9.50.

The David Straus Company is selling women's and misses' tailored suits, valued from \$19.98 to \$25, for \$15.98. The regular \$1.25 ostrich feather

bands are selling for 69 cents at Liss-

ner's and the \$8.98 black ostrich willow plumes for \$5. Blue serge coats trimmed with black and white striped silk and black satin are selling for \$10.98 at Hahne & Co.'s,

ing for \$1 and the \$1.98 linen waists

At Ludwig Baumann & Co.'s the \$4 reed rockers are selling for \$1.95 and the \$10 golden oak dressers for \$5.98.

selling for \$15 at McGregor's. English solid oak library tables for proper consideration. \$4.65 and imperial leather couches for \$7.85.

At Bamberger's the regular \$3 cowhide leather handbags are selling for \$2.19 and the regular \$3.72 oil study

.:. Daily Fashion Talks .:.

BY MAY MANTON

NEW AND ATTRACTIVE BLOUSE.

the day, and night and morning re-peat the exercise without the shoes, The blouse that can be readily and either wearing soft slippers, simply the stockings or in the bare feet if you can. Try at first rising slowly on the toes, then sinking slowly back on the can be stocked by the wearer is one that is certain of enthusiastic welcome. toes, then sinking slowly back on the heels, then gradually acquire the practise or art of poising on the toes for several minutes. Be careful that the story back, brought round, and closed at the back, brought round, and closed at the back, brought round, and closed at the story back and that the front. The model is a charming shoes have practical heels and that the the front. The model is a charming style chosen is arched properly for one for all materials that are soft your foot. If your ankles are weak, low shoes and pumps will tend to make them more so. You should wear but the neck is only moderately low high shoes that will give ample sup- and can be left open with perfect proport or else low ones with very sen-sible heels that there cannot be any possibility of turning the ankles.

pricty and success. The blouse is made all in one piece, but the sleeves are sep-arate and sewed to the armhole. The neck and front edges are finished with collar and revers. There is a peplum attached to the back that is arranged under the skirt and which holds the Chop three hard-bolled eggs and mix

blouse perfectly in place. with two tablespoonfuls of bread-crumbs and fry in plenty of boiling For the medium size will be required 31/4 yards of material 27, 21/4 yards 36. chicken livers. Chicken and turkey fat. Add a little cayenne and bind 1% yards 44 inches wide with ¼ yard livers may be had by the pound from the meat market.

Livers may be had by the pound from the meat market.

Livers may be had by the pound from the meat market.

A May Manton pattern, No. 7338, sizes 34 to 40 inches bust measure, will be mailed to any address by the fashion department of this paper, on receipt of

MAY MANTON PATTERNS.



any address by the May Manton Pattern Company, 120 Pacific street, New-Can be purchased at any May Man-ton Agency, or will be sent by mail to plainly and always specify size wanted

7338 Surplice Fichu Blouse, 34 to 40 bust.

AIR IN LIVING ROOMS

theory and practise which every family indefinite stay in the effort to win sooner or later exhibits, in some particular or other, is nowhere more com- which is a home of wealth on a fashmonly exhibited than in the matter of ionable street, know it for an impos-ventilation. With the enormous strides sibly stuffy, ill-ventilated house. The which we have made in recent years windows are guarded well by three or in healthful living, has grown up a four layers of curtains, so that to splendidly hopeful belief in the potency open them is impossible without great of pure air and sunshine which has inconvenience, and the air tastes and wrought a revolution in the science of smells of the poisons it contains, and healthful and happy homemaking. But not only is the air intolerable, but we are no more consistent here than in sunshine, that great purifying agent, other things. We air our bedrooms is rigorously excluded. It is small with great scrupulousness. There can wonder that delicate lungs give way be no doubt that this idea of open win- before this condition. dows in sleeping rooms, night and day, from the outdoors into an atmosphere it would be a desirable haven to all that makes you gasp for breath, and you look in vain for an open window. This general condition of staleness, mixed with tobacco smoke and the odors of cooking render many an otherwise well-kept home anything but cleanly and healthful.

It should be a fixed rule that all ing used. For example, the dining- are sown the better. room should be thrown open for a Lawn grass seed and all kinds of of miles away. Isn't this interesting?
brief time before dinner, so that the hardy flower seeds should be sown now The California sardine is about tw diners may properly enjoy and digest so that they will flower earlier: the meal. But even more important is it that the living room, or library, should be well flooded with fresh air before the family assembles for the evening, and if possible a window in succession, early cabbase seed, caulian adjoining apartment should be left flower, onion, celery, spinach, leek, open all the evening. If visitors are parsley, lettuce, radish, beet, asparaexpected a general airing of the hall gus, carrot, parsnip and salsify. and the rooms to be used should take place, and at some time during the evening fresh, outdoor air should be admitted. From neglect of this rule many an evening company has been from hotbeds, after they have been the should be sown under glass.

During this month set out cauliflower, onlon, cabbage and lettuce plants from hotbeds, after they have been the should be sown under glass.

The curious divergence between and have had to leave home for an

Learn to be very critical of your has gained practically universal accep-tation. But this care frequently does from the outer air, when your lungs not extend to the living-room and the are freshly oxygenized, take notice of library. Too often these rooms are not the condition of the air in your hall opened for a general and thorough- if this rule were followed many a going airing save on the weekly clean- family would be better and happier, ing day. How often is it the case when and that home would stand for much paying an evening call that you enter more in the eyes of every visitor, and

MARCH PLANTING.



There is only one ideal food for the infant, and that is the healthy mother's milk. Every effort should be made to secure that diet for every child. Unfortunately there are many instances where through disease, death and girls' washable dresses, valued at \$1.59, at 79 cents.

At W. V. Snyder Co.'s the regular \$1.98 and \$2.50 lingerie waists are sell
So extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have these preparations been advertised and so largely so extensively have they been commended by physicians and others that mothers are often tempted to deny the infant its own proper nourishment and to substitute for it these preparations, which are so highly and so freely offered.

In point of fact the so called infant . foods should be regarded as materials modifying process. A solution of pure which are to be used only in cases of milk sugar of known strength is prewhich are to be used only in cases of milk sugar of known strength is pre-necessity. If regarded from that point pared and carefully sterilized and is alof view and precautions taken accord- ways kept cold and ready for use. ingly, the infant foods is a matter of Inasmuch as the infant often re Christian Schmidt is selling early ingly, the infant foods is a matter of proper consideration. It will be im-possible in a short article to enter into than the normal cow's milk possesses. any general discussion of the various factured and offered to the public.

> to resemble as nearly as possible the milk of the normal mother.

Let me explain in a few words what modification of milk means. Analysis shows the normal composition of mother's milk: It contains a high percentage of milk sugar, a very low percentcasein, and milk albumin, and a moderate proportion of fat. Normal cow's contains much less sugar than mother's milk and quite a great deal more of the nitrogenous constituents, that is, the casein and albumen. also contains somewhat larger quati-ties of fat than the milk of the mother, but not so much in excess as to render any great modification desirable.

How may milk be modified? only milk which is drawn from a per fectly healthy animal, well nourished and kept clean, should ever be offered for the consumption of infants. Every such animal should be carefully tested for tuberculosis, should be scrupule ly clean and be generously nourished. The milk must be drawn in a perfectly sanitary manner, into the sterilized vessels, and while still warm passed through a sterilized separator in order cream and skimmed milk.

Each of these components must be artificially cooled to below 50 de-grees F., placed in sterilized contain-ers and sent as soon as possible to the modifying laboratory. In this laboratory a portion of the milk is treated to precipitate its nitrogenous constituents, specially the casein, which is removed and perfectly sterile, is used in the for invalids .- Editor.)

a solution of lime water is prep forms of infant foods which are manu- in a sterile manner and kept cool and I may say, without any desire to lutions, namely, cream, skimmed mik, discriminate, that there is only one milk sugar, whey, and lime water, the proper substitute for mother's milk, chemist can prepare milk according to and that is the milk of the cow or the any formula which the physician may goat, modified in a scientific manner prescribe. He can easily imitate, for instance, the normal mother's milk for healthy children by making a mixture which contains say 1½ to 2 per cent. of protein, 6 to 7 per cent. of milk sugar, and 3 to 3½ per cent. of fat, with enough added lime water to preserve strict alkalinity.

Certain diseased conditions require other modifications of milk which are other modifications of milk which are made according to a physician's prescription. Milk modified in this way, kept cool all the time, and preserved from infection, can be delivered for consumption within two or three hours after the milking. Infants in normal health fed on this modified milk do almost as well as when permitted to almost as well as when permitted to have the nourishment which nature has provided. No other infants' food should be used during the first year of the child's life. After that the ordinary fresh foods can be substituted little by little, but the milk diet should not be withdrawn. When the child is a half to one year old, however, small inmodified if this milk is p

foods of more vital importance than that which relates to the foods of infants and invalids. Dr. Wiley's by filtration and the whey, kept cool article will take up the subject of focds

CAP'N JONAH--HIS FISH

Here Is Our Good Friend Cap'n Jonah with a Box of Sardines in His Hand-Now Listen While the Sardine Tells The Evening Star Boys and Girls All About Himself.



BY THE SARDINE.

We are called sardines because we are caught on the coast of a country called Sardinia.

We are considered beautiful, graceful little swimmers. Most of us are about three or four inches long. Our color is bright green above and silvery white below. We live in the deep sea and only come to the sur-

Along the coasts where we are caught there are many sardine fac-tories. There they can us.

March is the active month for sowing and placed in tin boxes filled with oil. The lid is soldered on and the rooms are to be well aired in the all kinds of hardy seeds, and if the boxes are set in boiling water to make sure that none of them leak. At morning, and also at night before be- weather is favorable the sooner they last they are polished and packed in wooden case. Each case holds about one hundred boxes. Then they are ready to be shipped, maybe thousands

The California sardine is about twelve inches long and is also a fine food. It is not canned, as we are, Ask your mama to buy a box of sardines for supper tonight. Then

tell her all you know about us.

PROTECTING FLOUNCES.

betticoats wear out, especially in the back, with surprising rapidity.

BETTER THAN SPANKING. If the embroidery is very fine, it tears out when laundered and must be !

admitted. From hegiect of this rule many an evening company has been dull and stupid, simply because human energies cannot keep bright and fresh on a diet of poisoned air.

This empire gown of novelty satin has a skirt in three gores, slightly gathered at the top and bordered with a band of velvet. The kimono blouse has a toby frill and cuffs of plain satin, with a velvit bow.

An example of the possible results from hotbeds, after they have been somewhat hardened by leaving the glass frame lids open at night. Plant out asparagus roots. Sow the somewhat hardened by leaving the somewhat h

dresses will keep them from wearing

out around the bottom much longer

than if they have no under-flounce of

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Get Ladies' Tailor=Made This (Unlined) Cloth Suits Done Now! Dry Cleaned and Pressed Price \$2.50

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Cleaners and Dyers of Every Article of a Textile Nature