

# WOMEN'S INTERESTS, THE HOME, FASHIONS



## THE NEW EAR DROP HAT



Taking advantage of the present vogue of earrings, the fashionable milliner has produced this "Ear Drop" hat. It is made of black tulle with a pom-pom ostrich plume just above the left ear.

## TIMELY HINTS FOR SHOPPERS

Striped messaline waists, valued at \$2.50, are selling for \$1.98 at Bedell's and French serge dresses, valued at \$3, for \$2.50.

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

At L. S. Plaut & Co.'s the \$7.50 and \$3.50 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 Lissner's and the \$3.98 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, and girls' washable dresses, valued at \$1.50, at 79 cents.

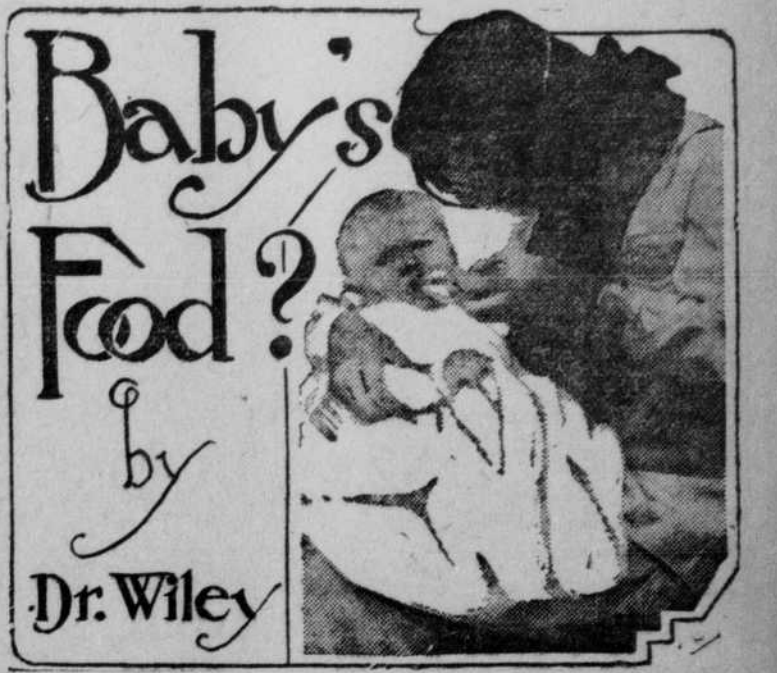
At W. V. Snyder Co.'s the regular \$1.98 and \$2.50 lingerie waists are selling for \$1 and the \$1.98 linen waists for \$1.

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

Men's silk-lined spring overcoats are selling for \$15 at McGregors.

Christian Schmidt is selling early English solid oak library tables for \$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 old study lamps for \$2.98.



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 or other unavoidable reasons the child is deprived of its natural nourishment. The question then, of course, is simply one of proper food or starvation. In response to this demand of necessity hundreds of different preparations have been manufactured and placed on the market as infant foods.

So extensively have these preparations been advertised and so largely 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 which are to be used only in cases of necessity. If regarded from that point of view and precautions taken accordingly, the infant foods are a matter of proper consideration. It will be impossible in a short article to enter into any general discussion of the various forms of infant foods which are manufactured and offered to the public.

I may say, without any desire to discriminate, that there is only one proper substitute for mother's milk, and that is the milk of the cow or the goat, modified in a scientific manner to resemble as nearly as possible the milk of the normal mother.

Let me explain in a few words what modification of milk is meant. A baby's modification of milk is a mixture which contains a high percentage of protein, a very low percentage of fat, and a moderate amount of sugar. Normal cow's milk contains much less sugar than mother's milk and quite a great deal more of the nitrogenous constituents, that is, the casein and albumen. It also contains somewhat larger quantities 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? First only milk which is drawn from a perfectly 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 scrupulously 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 to have it in two portions, namely, cream and skimmed milk.

Each of these components must be artificially cooled to below 50 degrees F., placed in sterilized containers 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, especially the casein, which is removed by filtration and the whey, kept cool and perfectly sterile, is used in the

modifying process. A solution of pure milk sugar of known strength is prepared and carefully sterilized and is always kept cool and ready for use. Inasmuch as the infant often requires a greater degree of alkalinity than the normal cow's milk possesses, a solution of lime water is prepared in a sterile manner and kept cool and ready for use. Armed with these solutions, namely, cream, skimmed milk, milk sugar, whey, and lime water, the chemist can prepare milk according to any formula which the physician may prescribe. He can easily imitate, for instance, the normal mother's milk for healthy children by making a mixture which contains say 1 1/2 to 2 per cent. of protein, 8 to 7 per cent. of milk sugar, and 3 to 3 1/2 per cent. of fat, with enough added lime water to preserve strict alkalinity.

Certain diseased conditions require 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 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 quantities of cow's milk may be used unmodified if this milk is pure and fresh.

(There is no part of the subject of foods of more vital importance than that which relates to the foods of infants and invalids. Dr. Wiley's next article will take up the subject of foods for invalids.—Editor.)

## EXERCISE FOR WEAK ANKLES.

The best exercise to strengthen weak ankles is to practise standing on the tiptoes, thus bringing into play all of the little muscles which otherwise would become cramped. Practise rising on the toes frequently during the day, and night and morning repeat the exercise without the shoes, either wearing soft slippers, the stockings or in the bare feet if you can. Try at first rising slowly on the toes, then sinking slowly back on the heels, then gradually acquire the practice or art of pointing on the toes for several minutes. Be careful that the shoes have practical heels and that the style chosen is arched properly for your foot. If your ankles are weak, low shoes and pumps will tend to make them more so. You should wear high shoes that will give ample support or else low ones with very sensible heels that there cannot be any possibility of turning the ankles.

## EGG CUTLETS.

Chop three hard-boiled eggs and mix with two tablespoonsful of bread crumbs and fry in plenty of boiling fat. Add a little cayenne and bind with part of a beaten egg. Form into cutlets, brush over with egg, dip in bread crumbs and fry again in plenty of boiling fat. Dry carefully on paper, and serve hot, garnished with parsley.

## New Empire Gown



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's collar and cuffs of plain satin, with a velvet bow.

## .. Daily Fashion Talks .. BY MAY MANTON

### A NEW AND ATTRACTIVE BLOUSE.

The blouse that can be readily and easily closed by the wearer is one that is certain of enthusiastic welcome. This model is smart and new, yet simple in the extreme. It is made in surplus style and the fronts are extended to form the belt. They are crossed at the back, brought round, and closed at the front. The model is a charming one for all materials that are soft enough to drape successfully. In the illustration it is worn over a guimpe, but the neck is only moderately low and can be left open with perfect propriety and success. The blouse is made all in one piece, but the sleeves are separate 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 blouse perfectly in place.

For the medium size will be required 3 1/2 yards of material 27, 2 1/2 yards 36, 1 1/2 yards 44 inches wide with 3/4 yard of satin 21 or 27 and 1/4 yard of lighter colored material 21 or 27 inches wide to make collar, revers and cuffs as illustrated, 1/4 yard of any width to make entirely of one color.

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 ten cents.

### MAY MANTON PATTERNS.

10 Cents Each. Can be purchased at any May Manton Agency, or will be sent by mail to

## AIR IN LIVING ROOMS

The curious divergence between theory and practise which every family sooner or later exhibits, in some particular or other, is nowhere more commonly exhibited than in the matter of ventilation. With the enormous strides which we have made in recent years in the healthful living has grown up a splendidly hopeful belief in the potency of pure air and sunshine which has wrought a revolution in the science of healthful and happy homemaking. But we are no more consistent here than in other things. We air our bedrooms with great scrupulousness. There can be no doubt that this idea of open windows in sleeping rooms, night and day, has gained practically universal acceptance. But this care frequently does not extend to the living-room and the library. Too often these rooms are not opened for a general and thorough-going airing save on the weekly cleaning day. How often is it the case when paying an evening call that you enter from the outdoors into an atmosphere 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 rooms are to be well aired in the morning, and also at night before being used. For example, the dining-room should be thrown open for a brief time before dinner, so that the diners may properly enjoy and digest 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 an adjoining apartment should be left open all the evening. If visitors are expected a general airing of the hall 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 dull and stupid, simply because human energies cannot keep bright and fresh on a diet of poisoned air.

An example of the possible results of oxygen starvation has lately occurred in a family where two young women, sisters, just grown up and ready to start out in life, were both taken sick with incipient tuberculosis

and have had to leave home for an indefinite stay in the effort to win back health. Visitors to that house, which is a home of wealth on a fashionable street, know it for an impossibly stuffy, ill-ventilated house. The windows are guarded well by three or four layers of curtains, so that to open them is impossible without great inconvenience, and the air tastes and smells of the poisons it contains, and not only is the air intolerable, but sunshine, that great purifying agent, is rigorously excluded. It is small wonder that delicate lungs give way before this condition.

Learn to be very critical of your own home. Every time you come in from the outer air, when your lungs are freshly oxygenized, take notice of the condition of the air in your hall. If this rule were followed many a family would be better and happier, and that home would stand for much more in the eyes of every visitor, and it would be a desirable haven to all comers.

### MARCH PLANTING.

March is the active month for sowing all kinds of hardy seeds, and if the weather is favorable the sooner they are sown the better.

Lawn grass seed and all kinds of hardy flower seeds should be sown now so that they will flower earlier.

For the amateur and professional gardener we name a list of vegetable seeds in the order in which they should be sown. Garden peas in varieties for succession, early cabbage seed, cauliflower, onion, celery, spinach, leek, parsley, lettuce, radish, beet, asparagus, carrot, parsnip and salsify.

Tomato, pepper and eggplant seed should be sown under glass. During this month set out cauliflower, onion, cabbage and lettuce plants from hotbeds, after they have been somewhat hardened by leaving the glass frame lids open at night.

Plant out asparagus roots. Sow herbs in a warm border, and prepare melon, squash and cucumber hills for later planting. On the farm sow also winter and spring oats, field peas with oats, and grass and clover seeds of all sorts.

## 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 surface to lay our eggs.

Along the coasts where we are caught there are many sardine factories. There they can us.

First, women and children open and clean us. Then we are dried on a screen. Next we are put in boiling oil. After that we are drained and placed in tin boxes filled with oil. The lid is soldered on and the boxes are set in boiling water to make sure that none of them leak. At last they are polished and packed in wooden cases. Each case holds about one hundred boxes. Then they are ready to be shipped, maybe thousands of miles away. Isn't this interesting?

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.

Embroidered flounces on fine white petticoats wear out, especially in the back, with surprising rapidity.

If the embroidery is very fine, it tears out when laundered and must be mended after each wash-day.

One good way to prevent such trouble is to sew a flounce of narrow lace underneath the embroidery flounce, allowing the lace to be even with the embroidery at the bottom.

Use coarse linen lace if possible, or a cotton lace of heavy weave.

The same method applied to lingerie

dresses will keep them from wearing out around the bottom much longer than if they have no under-flounce of lace.

### BETTER THAN SPANKING.

Spanking does not cure children of bed-wetting. There is a constitutional cause for this trouble. Mrs. M. Summers, Box W., Notre Dame, Ind., will send free to any mother her successful home treatment with full instructions. Send no money, but write her today if your children trouble you in this way. Don't blame the child; the chances are it can't help it. This treatment also cures adults and aged people troubled with urine difficulties by day or night.

Get This Done Now! Ladies' Tailor-Made (Unlined) Cloth Suits Dry Cleaned and Pressed Price \$2.50 Specially Reduced for March Only The Laiblin Co., 889 Broad St. 103 Market St. 92 Park Pl. Cleaners and Dyers of Every Article of a Textile Nature Collection and Delivery Service All Over Essex County