

white hair. It is not so pretty on the gray haired woman.

Of course, for the street one may not make themselves too conspicuous, but it is a good rule to follow that one should never wear black except as a last resort.

It is a matter of individual taste, but I do not believe in publishing your private grief by public mourning. So in my case black is eliminated from my wardrobe except when plentifully trimmed with jet or with the introduction of a touch of color near the face.

At 40 one must not follow fashion too slavishly. Make it conform to your individuality and you need never fear results.

—o—o—  
**FAMOUS BEAUTY TO BE BRIDE**



**MARGARET BRYAN**

Miss Margaret Bryan, the daughter of Navy Pay Inspector and Mrs. Samuel Bryan of Annapolis, Md., is soon to marry Wm. C. Rogers of Phoenix, Ariz. Miss Bryan is a famous beauty of the naval academy town and her wedding, which will take place this winter, is expected to be a brilliant affair.

**WASTE**

This little word "waste" spreads a mantle over a multitude of evil and suffering.

The fact that crime costs the United States one-third of the cost of our government; that we are paying more per capita for crime than for education; that we are selling our farms by the bushel and the ton, taking the fertility out of the soil and not replenishing it; that we spend two-thirds of our time in hesitation and another in repenting; that a large per cent of our school taxes and primary money is spent in schools where the environments are unsanitary — breeders of bad health, bad civics; an inadequate school unit; schools with bad ventilation, tuberculosis-germ dust; that nurse typhoid fever through bad water and worse milk; that encourage smallpox epidemics rather than enforce vaccination; that maintain fly-breeding nuisances, unclean and unscreened garbage can, dump heaps, manure piles — many of which occupy the ground where they were first placed for months and years, wasting their fertilizing property while sterile fields cry for it and often times the mortgage takes them, mullen stocks and bull thistles.

All these are crime-making, hunger-creating, humanity weakening wastes, declares Dr. R. L. Dixon in Michigan's Health Bulletin.

Then there is the health-destroying hurry and worry, fret and frustration wastes that sap energy, strength; that drive many men and women to the scrap-heap, to divorce, suicide, the insane asylum.

—o—o—  
**BAKED APPLES AND SAUSAGE**

Remove stem end from large tart apples and take out the core and a little of the flesh of the apple. Fill the space with 2 tablespoons highly seasoned sausage meat and bake in the oven until apples are tender, but not soft enough to lose their shape. Serve hot. Fine for luncheon.