# DAILY MAGAZINE PAGE FOR EVERYBODY

Pancies of Fashion

#### Week-End Summer Time Costume Hints

By Madge Marvel



W HAT clothes shall I take for the weektakea trunk? These two questions per-plex many feminine minds during the summer months, when the week-end party is the fa-vored form of en-tertainment.

arrives at her destination by the late train Friday afternoon or the early one of Saturday morning. She leaves Monday. She will not need a trunk. There are suitcases and bags with capacity for all needed garments.

The clothes required will depend entirely upon the manner of life in the house where you are a guest. In packing the suitcase the wise woman has this in mind, and tries to make her clothes fit perfectly into the picture. If one arrives Friday night, there are three evenings to consider. There will be need for some attractive dinner gown, an evening gown, if there is the usual dance on Saturday, and a suitable evening wrap, shoes and all the accessories. There should be a smart sports costume for Saturday morning, which will be suitable for tennis, golf or tramping. Also provision should be made for the motor trip, which is sure to be in the program, and a motor bonnet and veil takes little room. Saturday afternoon there will undoubtedly be need for a light reception frock, which will grace the tea-dance, the lawn party or any similar occasion.

A gown suitable for church wear should be taken for Sunday. To specify:

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or any similar occasion.

A gown suitable for church wear should be taken for Sunday. To specify: The travelling gown may be of taffeta in some dark shade, in plaid or stripe or check, with fresh, crisp organdic collar, which will be correct for Sunday morning. With this may be worn a cape-coat, which will serve for the motor trip or any similar occasion.

The gown for Friday night's dinner may be made, to serve for Saturday's dance. If white lace be chosen, the underskirt may be worn Friday with a tunic, and bodice of pale blue or pink taffeta or charmeuse with a rose in contrasting color stuck in the girdle.

On Saturday night, the tunic and bodice may be of the lace with a girdle of yellow or mauve.

Saturday afternoon's frock will probably be some simple voile or batiste, and with it will be worn a large hat with flat trimming, which can be easily packed.

Saturday morning's costume may consist of a pique skirt and tailored blouse of linen with waistcoat effect, or girdle and collar of pique. It will be quite permissible to wear the same gown of Saturday afternoon or evening for Sunday night, depending upon the program

Three pairs of shoes will be required. lack dull kid colonials for travelling, or Sunday and for Saturday afternoon, some lighter dancing shoes for evening wear and a heavy pair of white duck or canvas for Saturday morning.

The evening wrap may be simple, a TALES OF THE SEA

By Michelson



SAILOR MEN are notorious for tall yarns, so that it would be quite

SHE is serious, too, and when you can get a girl in a lonesome
in good form that tales which might be told by any temporary corner of a big ship to listen to you seriously you have an important sailor to any temporary sailor-ess should be regarded leniently. But you will say after a single glance that the tale that is being told in this case is not one that is at all in the sea-yarn class. Something

matter on your hands. Only the vagrant birds of the blue-green highway are noticing. No one else cares, because it happens every day.

What a difference it makes when tales of the sea are not ABOUT

Secrets of Health and Happiness

## How Coffee May Aid You and Harm Someone Else

By Dr. LEONARD KEENE HIRSHBERG

A. B., M. A., M. D. (Johns Hopkins). PRIOR of a monastery in Arabia discovered coffee as a beverage. This monastery was situated in a

The worthy father observed that the goats who ate the coffee plant became brisk and alert, so he determined that his monks, who were more lethargic than they might be, should try it.

The experiment was successful, and coffee as a bever age came into general use.

Despite prejudices and opinions to the contrary, coffee puts both vigor and valor into a healthful man's muscles The non-nervous individual, who drinks wisely and well of it, may smite the inert world as Moses did the rock, to see rich fluids gush forth. Excess of coffee, to be sure, like too much meat or

patmeal, carries dire destruction with it. To gild gold, to paint the lily, to light the sun, or add cerise to the spectrum, is to destroy each of these several effects. So with coffee. An intelligent drink, temperately and sanely
taken, this bean of Arabia can upon occasion play havoc and high jinks.

Certain Concrete Facts.

Violent gravings lead to expertive and a

Violent cravings lead to eruptive ends,

Violent cravings lead to eruptive ends, as the electric spark explodes the harmless gases hydrogen and oxygen. Too much honey palls upon the lips and many cooks spoil the broth.

Prof. Hollingsworth, the far-famed psychologist of Columbia University, at great expense and trouble, last year subjected a squad of fellow-observers to a series of brilliant experiments with confee,

a series of brilliant experiments with coffee.

Without, as some ungracious doctors do, admonishing a steep and thorny way to coffee heaven; while like a puffed and reckless libertine he trod the liquorish path of primrose dalliance. Dr. Hollingsworth obtained certain, indisputable, concrete facts about coffee.

In well persons who do not inclined to be nervous, sensitive and suspicious, he and his fellow-conspirators discovered that one grain of caffein—as much as is in a good strong cup of coffee—increases the power of exertion.

It adds to the strength and muscular skill. Physical capacity is augmented, thought is stimulated, the senses are more alert and the ability to associate objects with ideas, memory with things, words with thoughts are all conclusively improved. Moreover, the endurance of the individual shows a pronounced excellence for an hour or so after a strong cup of coffee is taken.

The Danger Line.



Bathe the hands in hot vinegar two or three times a day and paint collodion on the warts at night. To one ounce of collodion there should be added 10 grams of salicylic acid.

H. E. W.-1-Am very constipated. What will help? 2-Am an awful tobacco chewer, chew from after breakfast until I go to bed. When I stop for an hour I feel dopey.

ively improved. Moreover, the endurance of the individual shows a pronounced excellence for an hour or so after a strong cup of coffee is taken.

The Danger Line.

When, however, two cups, or more than a grain and a half of caffein are swallowed, Bedlam breaks loose in the candidate's muscles. Tremblings and shakes which last

candidate's muscles. Tremblings and tremors, shivers and shakes which last longer than those of a pneumonia victim, seize the textiles of your anatomy. In fine, the foolish person, who drinks two or more cups of strong coffee at a time, is in a fair way to vibrate herself—women are often the worst coffee felons—into an asylum.

"A surfeit of the sweetest things The deepest loathing of the stomach brings."

From all these experiments it must be plain that coffee, unlike learning, is

### Useful Hints for the Housewife Peter's Adventures in Matrimony



"Fred, if you'll come with me and serve me willingly for seven years, I'll you know, and we're more or less in debt. Beside this will give me enough a hard to keep a check account. My salary was always gone so long before through your finess."

You know, and we're more or less in through your fingers."

"But—but it comes out all right," put in Mary eagerly. "Didn't I use up the payment on your father's note for merely so sensitive as it was a few months ago.

Tabby led him to an enchanted castle, where all the servants were cats and all the decorations were gold and silver. For a long time Fred had nothing all the decorations were gold and silver. For a long time Fred had nothing

to do except enjoy himself, but one day Tabby smiled and asked him to take a gold scythe and a silver rake and go out in the fields and cut the catnip hay. She said he must be careful not to lose the precious tools. So Fred went out and cut the catnip and stacked it up in little piles for the cats to carry to the castle. Then Fred gathered up his tools and brought them back safe to good-natured Tabby, who was very much pleased. But she did not then give Fred the horse, and Fred did not say anything about it.

the cast to carry to the castle. Then I red gather to good-natured Tabby, who was very much pleased. But the back safe to good-natured Tabby, who was very much pleased. But the safe to good-natured Tabby, who was very much pleased. But the early woodsmen of America defect that a she bear licked that a she bear licked that a she bear licked that the sever-bear that that she gave him and to go out where the lumber was piled up and to take that lumber and build her a house. So Fred went out to the lumber pile and worked very hard for a whole year building the house. When it was finished worked very hard for a whole year building the house. When it was finished booken off a ship and thrown into the broken off a ship and thrown into

As the seven years were now up, Tabby gave Fred the finest horse in the world and ordered the cats to get the state coach ready to take

When Fred stepped into that wonderful coach he found a beautiful princess waiting for him. It was Tabby, released from a wicked spell by red's seven years of willing service.

Together they drove back to the farm with presents for Fred's father, In many countries there is a superhis father had to give Fred the farm, for his horse was the best in the world,
but Fred gave it to his brothers. You see, Fred had everything that he
wanted in all the world. He also had a kind heart, which is much better
wanted in all the world. He also had a kind heart, which is much better
than riches.

In many countries there is a superstition that when ants are unusually
active, running to and fro about their
nests, foul weather is sure to occur in a
wented in all the world. He also had a kind heart, which is much better
than riches.

Several ancient authors narrate the
superstition common in both Greece and
larly among the Hindoos of South India,
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than riches.

By LEONA DALRYMPLE

Author of the new novel, "Diane of the Green Van," awarded a prize of \$10,000 by Ida M. Tarbell and S. S. McClure as judges.

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Bananas form so important a juice of half a lemon. Bake for half as hour in a moderate oven.

If it is desired to keep the flavor of the banana intact, peel and bake whole, ways of serving this delicious and value.

Ways of serving this delicious and value.

Banana fritters may be averaged.

#### \* Advice to Girls

By ANNIE LAURIE

By Ann Marie Lloyd

CURIOUS ANIMAL SUPERSTITIONS

In England and Scotland milkmaids believe that if they forget to wash their hands after milking their cows will go dry. This superstition is diligently fostered by the owners of the cows.

In some southern localities the colored people believe that if a crow croaks an odd number of times, foul weather will follows: if even, the day will be fine.

In the Ural mountains the peasantry believe that if a wolf sees a man before the man sees the wolf, the man will be struck dumb and remain so as long as the wolf lives.

Whilst we are together he seems to think quite a lot of me, but there is one thing which puzzles me greatly. He never asks to come and see me either Saturday or Sundar evenings.

Do you thing I ought to encourage his attentions?

IN DOUBT.

I have read with great interest the

very valuable advice which you so

kindly give to young girls. So would

deem it a great favor if you would

I have a gentleman friend who

takes me out a great deal to dances.

etc., and pays me a lot of attention.

give some to me.

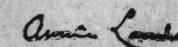
WHY, you funny little girl you, how in the world can he ask to to ask him. Didn't you know that?

ssibly; but not so foolish as it may look to you.

It is a woman's place to say "yes," you know, and a man's place to do the asking—even just for a good morning or a good afternoon.

The next time you go to a dance with your young man ask him to come and see you some evening, and see what will happen. Be quite assured of one thing, the skies will not fall at any rate.

Probably the poor thing is wondering and wondering why you treat him so peculiarly, and do not ask him to visit you at your home.



Miss Laurie will welcome letters of come and see you. It's your place inquiry on subjects of feminine inter-

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