

nouns she received 100 invitations to take tea.

Study of women who are admired and liked by other women reveals the fact that they are often of the sweet and gentle type, "womanly" women, pretty rather than handsome, frequently perhaps lacking apparent dash and brilliance, but generally winning, "sisterly," and domesticated. And that is the pattern upon which she who designs to dupe other women carefully molds herself, assuming in time an artificial air of innocence that readily deceives.

"And," has said a famous detective, "women probably often prove readier victims than men would, for, less instructed by reason of contact with the world, they are slower to admit that fair looks and smooth words may be used to mask evil intentions."



What Men Eat in Restaurants.

BY MRS. S. T. ROEBER.

Nothing shows men's early training and environment more quickly than the way they eat. Sociologists continue to debate as to which has the greater influence in the after-life of the individual, environment or heredity. The truth is that both are so closely interwoven that it is difficult to separate them. Both play an important part in the health and destiny of man.

The man eats as the boy was taught. He likes and dislikes what his mother did before him. When he was a little tot she cut and seasoned his plate of food before she took her own, and as she fixed it in his childhood so he likes it in manhood. He grew up to this way and knows no other. If all conditions are hygienic the child grows up to eat hygienic food; but, on the other hand, if the mother is governed entirely by her own palate, and perhaps her own whims, her child will suffer when a man.

As a boy his digestion was good, his outdoor exercise gave him an appetite, and he paid little attention to digestive disorders. In later years, however, he is confined to a close, ill-ventilated office, and he lives up to the hurry of the average business man—and his health fails.

THE TOWN-DWELLER SOON LEARNS TO BE A MEAT-EATER.

Every day he rushes to the nearest restaurant for his luncheon, orders from the list of new dishes, largely entrees and invariably meats. The chef, a trained cook, can show his skill to far greater advantage on fancy meat dishes than on vegetable, and so he makes the list of meats unusually long and attractive. The vegetable cookery is relegated to the under-cooks or to the maid-of-all-work, whereas in reality it requires more knowledge and care, to boil or bake potatoes than to make chicken croquettes. There is far less danger of failure in meat dishes than in pastry and vegetables.

Thus the town-dweller learns to be a meat-eater—not because he really wants or needs it, but because there is little else offered—and wonders, in after years, why he has rheumatism and kindred diseases. Another reason why he is a meat-eater is that meat is digested in the stomach; he can swallow it without mastication and suffer less than he would from starchy foods eaten in the same way.

I notice also that most men, as well as women, order things not usually found on the home table. Home cooks are not always trained and there is a great monotony on the average family table. Odd names are attractive, and you frequently find a man ordering a dish of which he knows nothing, simply because the name is attractive.

Highly-seasoned fish dishes, such as lobsters, crabs, oyster crabs, oysters, and all forms of clam dishes, are exceedingly popular; not because they are good or wholesome, but somewhere ingrained in the man's mind is the idea that these are lighter than meat. The truth is that they are more difficult of digestion. Raw oysters, no doubt, are easily digested, but they are without question dangerous, as they frequently carry the germs of disease. This is not true of clams, but clams are tough and leathery compared to oysters.

WHAT NEW YORK MEN EAT FOR THEIR LUNCHEON.

The New York man invariably eats a light salad with French dressing; this, of course, is exceedingly wholesome.

Pies are not eaten to any great extent; the lighter desserts, such as whipped cream and ice cream, are preferred. During the winter months, mince pies and plum puddings are frequently indulged in. Both contain quite sufficient nourishment to form an entire meal, and should never be eaten after a heavy meal, except at Christmas and holiday times, when one has hours of leisure for digestion.

Among the vegetable dishes, spaghetti is perhaps the most popular; for some reason, home cooks do not know how to prepare this excellent dish properly. Au gratin dishes are also much liked, as well as such things as broiled chicken livers, goose livers, and stewed kidneys.

If one could come into personal contact with each customer the bills-of-fare might be shortened and improved, but under existing conditions it is out of the question. The restaurateur, good or bad, has little to do with his kitchen; he is not a cook. But the restaurateur is his fashion of making money; and I find, knowing what I do, that to reform man's eating is an operation too gigantic to be accomplished in a single lifetime. My successors may accomplish it.

The American commercial man is nervous and irritable, and he wants what he wants, and that very quickly, so that he may rush back to the "ticker" or the desk. Indeed, he often eats with a telephone on his table and a "ticker" near by. Frequently he leaves his ordering to the waiter, who knows the time to be given to the luncheon and the amount of money the man cares to spend. Money plays, however, a secondary part in the New Yorker's luncheon. He pays what you ask, providing his food is brought quickly and suits his palate and his eye. It must be properly served and be of first-class quality. However, he too often orders "out-of-season" foods. He lives in the city and has little time to study the natural conditions of the country, and he is likely to think it time for green corn in the very early spring. He saw it perhaps at a fruiterer's—it came from the far South; he orders it next day, with a keen anticipation of the taste of corn fresh from the garden; and he is, of course, disappointed at what he gets, and condemns the cook and the restaurant for buying second-class food. So back he goes to the ever-present, well-served entrees. Even in the hot months the common orders are cold meats and salads.

HIGHLY-SEASONED DISHES ARE USUALLY CHOSEN.

My observations are, of course, limited to the few with whom I come in contact each noonday; men who neither have well-regulated homes nor live at the best New York hotels—and they certainly know what is good to eat. They may not select what the world calls hygienic food, but they will not eat in a haphazard fashion, nor will they eat simply to satisfy their hunger. A gratified taste brings special satisfaction, and the New York man must have it gratified. Highly-seasoned dishes are usually chosen; indeed, a curry is frequently more salable in winter than in summer, when the reverse should be the case. This man is willing to pay for fresh food and refuses to be served with cold-storage stuff; in this respect he is very hygienic.

I observe that ninety-nine men out of a hundred choose mashed potatoes with their meats; they are easily swallowed and—so the men think—do not require mastication. Here comes the first step to serious intestinal troubles. Soups are in great demand for the same reason; all kinds of entrees and dishes made from chopped meats play a most important part in the noonday luncheon.

Many prefer a good stew, with a plain boiled or baked potato, or perhaps potatoes mashed in cream, with a side dish of green vegetables or a salad, and stop before they reach the dessert. Pies and shortcakes are meals, not desserts. I am quite sure that a good-sized piece of shortcake with a small pitcher of cream, eaten slowly and thoroughly masticated, makes an exceedingly good luncheon.

Eggs are often preferred to meats. They provide an easily-digested luncheon, and as there are nearly a hundred ways of serving poached eggs, one can always find a variety.

Methods of eating and bills-of-fare vary greatly in different cities. In New York the financial man takes more time to his luncheon than he does in many other cities. He prefers to sit comfortably at a table; in fact, he re-

fuses to stand and dislikes to sit at a "lunch counter." He may eat with a rush, but sits long enough after his luncheon to smoke. This gives his stomach time to start digestion.

COFFEE STIMULATES WITHOUT RUBBING A MAN OF HIS WITS.

Men are certainly coffee-drinkers. It is an unusual thing for a man to finish his luncheon without coffee, and nine times out of ten he takes a large cup. He has long since learned that, to compete with his neighbour, he must have a clear and active brain; coffee stimulates without robbing him of his wits. Hot tea is not a favourite. In the summer iced tea is exceedingly popular, and is

far worse than iced water, which I consider deadly. Iced coffee is frequently called for instead of iced tea, and with sugar and cream it is very unwholesome. Steaks, chops and ordinary roasts are seldom called for. Goose and duck are more popular than chicken and turkey, for the simple reason that these two birds are not, as a rule, well prepared at home.

The New York man consumes more food in a day than almost any other commercial man. This may be due in part to the ever-present salt air. He seems to be larger in stature than the inland man, with a more vigorous consti-

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