Little High-strung Temperament Is a Dangerous Thing Only When Not Properly Disciplined-Sometimes It's a Gift

They're proud of having had their appendixes removed; they're proud of the th of time it took for them to come out of the ether, and if they happen save a panicky heart that palpitates on occasions when it oughtn't to, they at the sad fact with a frequency and relish which indicates that they we themselves set apart from the common herd of humanity. Their attireminds me of the little boy who thinks he ought to be-and generally iseavy and admiration of his associates because he can wiggle his ears! n an interesting article on "Motoring and Nerves" in a current magazine,

C. Penman has some pertinent remarks to make regarding this peculiarity its relation to women who want to run their own automobiles but believe they are too "temperamental" to risk it. He writes: 'Oh! I could never drive a car; I'm too nervous. If I should see another

ear coming a block away, I'd be panic-stricken for fear I couldn't pass, and if dy started across the street before me I'd be sure to run him down. I'm so high strung, you know.' me women," he continues, "say it with a sort of pride, as if to have nerves

that are unreliable, to fall into a panic in an emergency, were something to coast of in a day when women run most things."

He then quotes the experience of a really nervous woman who instead of parading her nerves "kept them in the background like a disgraceful family She also suspected that she had heart trouble.

I want to drive a car,' she explained to her doctor, 'but I don't want to get a heart attack and kill anybody. What shall I do? "'Get the car,' he replied succinctly. 'You'll forget that you have a heart.'

"She took his advice and promptly forgot her heart and her nerves. When he recounted her experience to a nerve specialist he told her: 'It is the nervous people who can drive cars best. Their brain and muscles co-ordinate with lightning celerity. The motorist you want to climb ever the fence to dodge is the sedate, phiegmatic kind, whose mental adjust-

ment does not work a rapid transmission with his hands and feet." Too often, I believe, we are inclined to commiserate with people who have erves, whereas if we haven't got them ourselves we are the ones to be pitied. legmatic, stolid people usually sleep well and enjoy good digestions, and in this they are to be envied. But apart from these material benefits are they not usually a heavy, placid type which is incapable of appreciating many of the finer things of life that only a highly sensitized, extremely delicate organism

is capable of responding to? Your man and woman with nerves is usually apt to be more sympathetic, more tactful, quicker to appreciate and respect your mood. He never slaps you on the back, either mentally or physically, and never obtrudes his good numor on you when you are feeling "low," or his pessimism when you are

If you are one of those persons, then, who are of a "nervous temperament," harness it, but don't boast of it, and in the privacy of your soul thank heaven that you have been so gifted.

Letters to the Editor of the Woman's Page

soap in hot water. Immerse the head in warm water and apply this cleansing fuld. It is more satisfactory if you can

have some member of the family to do it for you. Use several bowlfuls of water for the purpose.

When you are certain that your hair is thoroughly clean, begin with rinsing. Six times is not too often, for a healthy

scalp depends on your getting all traces of soap out. Dry the hair with towels, or by fanning, or in the sun. Then massage

the scalp with a good tonic and carefully comb out the tangles. A good, brisi brushing should complete the function.

The professionals will dry your hair with towels if you prefer it that way.

round exercise to take. Then a few bending stunts, forward, sidewise, back-ward. Then a body-lifting effort or two, lying prone on the arms, letting it down

spirit, such as the gymnasium trainer de mands from his classes.

QUESTIONS AND ANSWERS

The Most Vicious Lie

I think typewrites a teacher, that the most vicious lie is the one a doctor lives or practices when he tells a patient time and again, over a period of many precious months, that she has just a run-down

months, that she has just a run-down condition," without ever examining the naked chest, whereas her actual trouble is tuberculosis. Don't you think so?

Answer—Well, that is a pretty indefensible lie, all right; but here are two lies quite as famous, and, we contend, much in the same class: (a) Santa Claus; (b) the stork Come critics are we wrong?

the stork. Come, critics, are we wrong

Calomel for a Baby

Please tell me the proper dose of cal-omel as a laxative for a 14-month-old baby. Answer-It is not a proper laxative for a baby.

Address all communications to M'Liss, care of the Evening Ledger. Write on one side of the paper only. Dear M'Lise-Kindly let me know a lit-Dear M'Liss-What is the best way of washing one's own hair? Mine is long, but I don't like the drying machines that the professionals use. MYRA.

Make a shampoo by melting some pure

tle more about quilting, which you wrote up several days ago. Does it require a technical knowledge. JERSEYITE. Quilting. I am told by an expert, may so simple as not to tax the talents of most inexpert needlewoman, and it y also be so complicated as to call forth all the ingenuity and genius of one experienced in the art. It is well in bening to choose some simple pattern and o follow instructions carefully and pains-takingly. One has only to look at some of the wonderful examples of the quilting art, the handiwork of our grandmothers, which now hang, priceless treasures, in museums to realize how very intricate

the work can be.
For a stamped, self-addressed envelope
I will mail you the name of an interesting k that deals with the history of quilts

fortunately they have not all learned that

for that purpose. There is little use in

preaching anti-corset propaganda, how-

ever. This talk is for men. The women

In nearly every man's life there comes a time when he begins to put on flesh. At first the poor fellow feels rather proud

nity; it feels to him rather "chesty," and the tailor conspires with him in encour-

aging the idea. But in due time he finds that it is nothing but grease, oil, fat fill-

ling in between the muscles. He realizes with a pang of remorse that it is merely the stoutness of advancing years; that he

is no longer a wiry youth, but only a flabby, short-winded, high-paunched, middle-aged man, and almost hald at that. What he needs is a better balanced metabolism. His intake of food or fuel is more than his system is capable of burn-

ing up. The excess, in time, will poison him. If he has the courage and sense to realize his position and to take reasonable

scautions before the auto-intoxication middle age begins to harden his arteries.

may still preserve a fair imitation of uth, both in looks and in feelings. Let him learn that a hearly appetite is

be curbed and restrained, that it is a

ine thing to skip a meal often, and still setter to have a milk diet-day occasion-

To his own eyes it looks like dig-

-they will, anyway,

reets are only a delusion and a snare

welcome to listen if they are curious

WELL-BALANCED METABOLISM

By WILLIAM BRADY, M. D.

WOMEN generally try to avoid grow-ing stout, flabby or uncouth, and un-light at physical culture in his room. The setting-up drill is a first-rate all-



SEEN IN THE SHOPS

TO VOOR ON THE PROPERTY OF PARTIES AND ASSESSMENT OF THE PARTIES A

A FROCK of extreme simplicity is this practical little play frock, though it might be used quite as well as a school dress. It comes in sizes from 6 to 10 years. It is made of linen and may be had in a number of color combinations with white used for the waist and copen, rose or green the leading colors for the collar, cuffs and skirt. The waist is smocked in a color to match. Handsome pearl buttons and pockets

are finishing touches. Price, \$7.75.

The little mushroom milan hat is navy blue with a double band and short streamers of gold and green grosgrain ribbon. These colors are repeated in the flange. The hat comes also in natural-color milan finished with ribbons and flange in gold

and black. Price, \$5.95.

The name of the shop where these articles may be purchased will be supplied by the Editor of the Woman's Page, Evening Ledger, 608 Chestnut street. The request must be accompanied by a stamped, self-addressed envelope, and must mention the date on which the article appeared,

GOOD FORM

affairs where dress clothes are not worn

Should a man always rise when a woman comes into the room, in a business office for instance. When my stenographer en-

1. A colored tie may be worn at any time except with a dress suit, when the tie should always be of white lawn, or

with a dinner coat when a black tie is

to rise every time a woman in his employ enters the room very little business would ever be accomplished in these days, where there is scarcely an office in which there

are not several women employes on its role. In ordinary cases, however, a man should always rise when a woman enters

the room or rises from her seat, for that

Dear Deborah Rush: Kindly tell me if it is necessary to answer an invitation to a dance? A says it is not and B says it is. C. D. 12.

It is not only necessary but obligatory and would be a decided breach of eti-quette if not done.

Dear Deborah Rush: Is it good form to insist on a guest eating twice of a viand when she has refused once. I was much embarrased when a hostess

told me I evidently did not like the food she was serving. J. L. K. No, it is very bad form. If a person

had sufficient. It is in had taste to as

efuses it surely means he or she has

a person that there is plenty more where the first came from. Some persons have an idea they will not be thought hospitable

if they do not press food on a guest and often make it awkward by so doing. DEBORAH RUSH.

Velvet in Spring!

Velvet isn't to be regarded as a strictly inter fabric in the millinery world, y any means. One sees it in a number

of fascinating styles. Take, for instance

or fascinating styles. Take, for instance, the fabric called straw velvet, one of the most popular innovations of the season. This resembles a very fine-grained straw, with a rather dull finish characteristic of straw, and very pliable. Another vogue for the velvet is seen in combinations of velvet two contractions.

combinations of velvet tam o' shanter

crowns on lace straw chapeaux. A silk tassel finishes off one side. Large panne hats are faced with straw, Gainsborough

Fascinating Combs

Wrong Idea of Hospitality

I am afraid & a man was obliged

ters the room should I rise?

Answer Invitations

Good form queries should be addressed to Deborah Rush, written on one side of the paper and signed with full name and address, though initials ONLY will be published upon request. This column will appear in Monday's, Wednesday's and Friday's Evening

Preparedness is so the fad of the day, might it not be a good idea to be prepared for all emergencies in points of etiquette by acquiring repose of manner and self-control as well as to learn how to bandage and act as first aid to the

The younger girls are the greatest of-MEANS YOUTH AND VIGOR fenders against the dignity and repose which is the charm of the gentlewoman. Perhaps it is that so many are living outof-door lives and, though healthy and wholesome, become sort of sporty and forget their breeding, which is totally un-necessary. Out-of-doors life should be an aid to self-control and repose of manner. Whatever it is, it is to be regretted and, sad to say, self-control, which is the background of good manners, is fast going out

again, and so on, for from three to twenty times at a session. This must be done regularly, and always stopped short of its as restful as the nervous woman is upsetting.

fatigue, in order to escape the muscular soreness which is so likely to follow un-accustomed exercise. But if even five minutes a day can be devoted to physical Delicate Problems culture, in a month the man will feel the benefit of it upon his health. The exer-cises should be taken in the nude—the skin likes a good air bath. And they should be carried out with a vim and

Dear Deborah Rush: Will you please a regular reader of your column, whether she should tell a gentleman to replace his hat if he holds it in his hand while speaking to her on the street? Would it be proper for a the acree; would be mutual friend to tell a man who is in doubt of the state of mind of the lady he loves that she is or is not favorably ANXIOUS.

impressed?

Your first question is rather ambiguous.
As I understand it, you ask if a man is
holding his hat in his hand should you
tell him to put it on again? He would,
of course, be holding it in his hand if he
stopped to speak to a woman in the street.
It is perfectly within the requirements of
cond form for the wowan to tell him to good form for the woman to tell him to put his hat on, and rather a kindness for her to do so, as especially in cold weather it is not too comfortable to stand bare-headed in the street, if only for a few mo-

headed in the street, if only for a few moments.

If the mutual friend in question is sure
of the state of the lady's feelings and
could thereby aid him on the one hand
or dissuade him on the other, it would
be all right provided he asks her for the
information; it would never do to voiunteer it, and in many cases would be a
very delicate thing to do. What the mutual friend said might he misunderstood
and dire consequences ensue. It is better to keep one's finger out of the pie,
so to speak.

Should Gloves Be Worn? Dear Deborah Rush: Will you kindly answer this question in your good form column as soon as possible. Should gloves be worn at a public ball? I hear they are not worn as they used to be. Have not been attending many large affairs lately, so appeal to you. MRS. V. D. M.

It is no longer considered absolutely necessary to wear gloves with evening dress. One usually carries them, how-

Good Form for Men Dear Deborah Rush: May a man wear a colored tie in the evening at informal

> **Domestic Rug** "Pointers"

By all means make your bed-rooms inviting, restful, harmoni-ous-it's all in the rugs. Our prices are the same as elsewhere.

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W Hall some one wishing a friend to correspond with write me? I am 16 years of age and should like a nice girl of about my own age. I have heard of others forming friendships through the Corner, and thought I'd try. Will you try to publish this as soon as possible? M. G. C."

Let me remind you in printing the re-quest, of the expediency of an exchange of references at the outset of such a correspondence. Parents and guardians can-not be too careful in this respect. Let both parties to the proposed letter writing present credentials of respectability from hose who are competent to pronounce upon this point. A reference to pastor or some leading citizen in the town or the post-master of the neighborhood is usually

The Stamp Code "Kindly give me the stamp code. significance has a stamp attached as above? L. P. M."

The so-called stamp code was published The so-called stamp code was published in full several weeks ago. Frankly and definitely, the Corner knows nothing of it. With equal frankness we avow indifference respecting an arbitrary system based upon caprice and authorized by no official of the postoffice service. Therefore, all we can do to gratify the curiosity of L. P. M. is to offer to transmit to him by mail any copy of the code that may respond to his query. The drawing inclosed shows a stamp attached upside down and diago-

Removing Quicksilver From Mirrors "I may be able to get the formula G. N. M. requests for treating wings, etc. I May I ask directions for removwill try. May I ask directions for removing silver—I believe it is silver rather than mercury—from the back of a mirror? Also, is George M. Cohan a dramatist or playwright, and is the name Frank W. Fitz fictitious, or was he noted for something? Is so, what? Co-operatively yours, F. L. B."

All your queries are referred to constituents at large, with the exception of that relative to George M. Cohan. He is a playwright and actor of note and the auhor of many popular songs. We await replies to other queries. Let us have the formula for treating wings when you get it. When we receive directions for re-moving quicksilver from the back of mirrors, others besides yourself will be glad

Undecided About the Games Two girls who have reached 16 intend

give a party. We are undecided about to give a party. We are undecided about
the games. Is it proper for girls that age
to have a few kissing games? The boys
always say they don't enjoy themselves
without a few of them. Kissing is never
allowed outside a party, and is there any
harm in a little of it at a party, if not carried too far?

EMILIE S." The space allotted to the Corner is far

too scant for us to think of writing out in for scant for us to think of writing out in full directions for the games you want to get. If you will inquire at a book store for a manual of games it will tell you what you want to know. Now, as to kinsing games, they are always and everythere indecorous when the players are always and girls or young neonle of a larger. oys and girls or young people of a larger growth of both sexes. No modest girl should allow herself to be persuaded to take part in them. They are immodest at best. Keep your lips for the man you are to marry. You will thank me for the advice when you find him. So will he!

No Discourtesy Intended "Why do you place the note of Esther

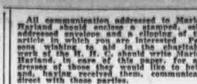


FRANKLIN GRANULATED

is a safe buying guide because it stands for clean, smooth cane sugar. It is kept dry and clean by cartons and neat cotton bags. Look for the frame and picture of Frank In 2 and 5 6, cartons and in 2, 5, 10 25 and 50 lb. cotton bags.



sugar for every use or cotton



E. in the hands of members of her own race and faith? Her statement that she is Jewish was done merely to prevent misunderstanding and, doubtless, would not bar her from the society of any cultured people, irrespective of faith, who are the only ones likely to belong to such a club. I want to tell you of a friendship I formed through your Corner with the sweetest soul who ever existed, and although I told her in my first letter that I was Jewish, she in return told me she was a Gentile. It did not prevent our intercourse, which lasted more than ten years, and until she died last March. She will ever be lamented by me. Flease excuse me if this letter seems hard, but your answer hurt me, as it doubtless did Esther swer hurt me, as it doubtless did Esther E. I am hoping you will think it worth while to explain it in your Corner. "ROSE S."

If it were not so evident that you are deeply wounded and in a vulnerable point, your letter would have awakened in me a sort of wondering amusement. It is almost incredible that a regular reader of the Corner who is intelligent and quick witted should not comprehend the impossibility that any sect of believers or a member of any race of human creatures could, on account of his or her faith or blood, meet with discourtesy at our hands. Had Esther's letter spoken of herself as Swede, English, Dirtch, Ger-man or Syrian, and asked us to find for her a club of congenial mates, we should have assumed that she mentioned her race to indicate her desire to communi-cate with those who would make her feel at home and with whom she would have

tastes and pursuits in common. The best proof that our surmise was correct is that several other correspondents who are Hebrews by descent have written for her address with cordial appreciation of her position and her motives for making the request. All are persons of more than usual intelligence and all manifest a hospitable wish to lessen the several contracts. pitable wish to lessen the sense af We re strangerhood that oppresses the lonely terested.

THE CHEERPUL CHERUB wish that I were

bright in talks, My mind just acts so scared and slow. Still lots of times I make folks laygh— It's not when I intend to though. R.T. CARA

to such as these to send for her address may have wounded the one we would help. We know no distinction of race or re-ligion in our great family. It ought not to be necessary to repeat this if past record worth anything

Friend to a Stranger

"Please find me the address of Esther E., the 18-year-old Jewish girl who desires to join a dramatic club, as I may be able to help her. Strange to say, there was a time not so long ago when I wanted to write to you just such a letter. I can, therefore, understand what it means to be a stranger. DOROTHY A. K.

Your letter may be classed as "Exhibit No. 1" in support of what we have written before of Esther E. The address went to you by mail. The true Corner spirit is manifest in your practical sympathy with the stranger in memory of your own experience. your own experience.

An Exchange of Lessons

"I have had many years' experience in teaching plane music, also vocal, and would like to exchange either with one who paints china and who is willing to make some arrangement. We retain your address for any one in-



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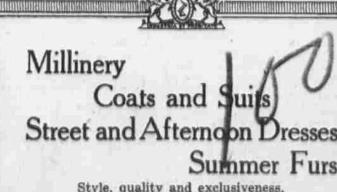
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5252525252525252525252525 Let us show you what stylish shapeliness there is in the Van Orden CORSET

Here are the new models displaying wonderfully smart lines and the exact silhouette Dame Fashion is now demanding. Our Expert cor-setieres will help you in selecting the special model that will most enhance your figure. From 55 up.

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And let him exercise. Walking is ideal. Tennis, goif, a certain amount of gymmaxium work may be induged in. If it is really impracticable for him to utilize any of these aids to health, then he can

Song of Thyrsis The turtle on you withered hough.
That lately mourned her murdered mate.
Has found another comrade now ch changes all await!

If nature has decreed it so, With all above, and all below, Lat us, like them, forget our woe, and not be killed with sorrow.

If I should quit your arms tonight
And chance to die before 'twas light,
I would advise you—and you might—
Love again tomorrow.
—Philip Freneau.

Creamed Asparagus

Creamed Asparagus

Fresh asparagus is plentiful and delicious just now. Try this recipe the next
time you prepare it. The the hunch up
with a soft string, cut off the necessary
part, and cook, for at least 15 minutes in
aited water. Have ready a few silices of
crusticas tousted bread. Dip these in the
asparagus liquor, then bufter well and
arange on a platter. Drain the asparamis and place it on the toast. Now make
a good cream sauce, using a cupful of
milk, a teaspounful of four and a tablespeonful of butter and seasoning. This
is the simplest of dishes, but it is an
ever welcome one.

Garden Follies

trained Poilles
tog is the time to think of beautifyse garden, not only with flowers and
not things, which will have been
dlong before this, but with pretty
siments such as the modern shops
or this purpose. There are, for inthe dataky garden markersbugs bads, bright be-bonneted,
and such in brilliant colorings on
attached to a long stick, so that
may be stuck in any place. Odd
of white painted wood, with art
at downstage are mart, too. A
st which simparts an odd little bird
and initiation soughter gives a say

Luncheon Kit

A real luncheon carrier for the school girl who balks at carrying a package—and most of the high school misses look down upon a package nowadays—is a case made of aluminum, small and compact. It contains a small tray to hold salads or anything of a semiliquid consistency. A very small vacuum bottle keeps the hot or cold drink hot or cold until wanted. It is a handy little case and gives a real change from the sand-which fetich in school lunches.

Separate Coats Brilliantly colored topcoats are pre dicted for summer wear. These may be made of a variety of fabrics, such as wool or silk jersey cloth, angora cloth.

cotton corduroys, serges, gabardines, twilts and silks of all kinds. Seashore coats are fashloned of taffetas or of dark and light striped silks, marabou trimmed.

in every ½ lb tin there are sixty BREAKFAST

Note the bright red color, superior flav-or, delightful groma Your grocer sells it.

For Home Makers We have seen lots of bedrooms that had pretty furniture and papering all playing seend fiddle to an ugly rug—pity sin'tot? Yet it is easily corrected. With our experts and arefully plected stocks of dometic rugs we can help you transform your bedrooms into real rest bowers, and without you having to spell a lot of time and exertion. It is depends upon the rugs arm we have the proper ones; rugs whose artistic beauty is the foundation of all successful decorating.

Have a look at the smart new French Chints bordered Palatine

Spanish combs are best worn with the high coiffure. They come in a number of brilliantly colored designs, carried out in beads. The scarab, or eagle, and many of the ancient Egyptian designs, reproduced in their original colors, are also CHO SECULO CHE SECULO CHE "So Easy to Prepare"

turned to the time-tried substitute-

-that is what thousands of mothers are saying-mothers who cannot nurse their babies and who have

GAIL BORDEN EAGLE BRAND CONDENSED MILK All you do to prepar

"Eagle Brand" for your baby is to boil enough water for one bottle-let it cool to feeding temperature and and the right amount of rich, nourishing "Eagle Brand." Then it's ready for your baby. No fuss and bother—no danger

of not having every-

gail Borden MILK

EAGLE CONDENSED

thing just right. Thousands of healthy babies have been brought up on "Eagle Have you tried it in your cooking? Its purity and delicacy give a new flavor to everything that you make with it. Cant Hook