

WOMAN'S TALKS ON BEAUTY—INTERESTING AND HELPFUL HOUSEHOLD HINTS

"WHY MEN LEAVE HOME," AS SET FORTH BY ONE OF THEM  
Lack of Intellectual Companionship the Cause of So Much Unhappiness in Many Homes, Declares This Writer

COMMENTING on yesterday's article a masculine reader has sent me the following, which I think worth publishing as it was written. The problem is one which faces many men who have married for a pretty face or a comfortable, well-ordered home, and then wonder what is lacking:

"One of the causes of unhappiness in many homes is the tendency of the husband to be away from home at night. For a few years after marriage all is serene. Then the husband starts to go out at night, leaving the wife at home alone. At first his absences are infrequent and of short duration, but they gradually increase in length and frequency until he is out nearly all evening of nearly every night.

"Of course, sometimes there is another woman in the case; or again the husband desires the associations of the club or saloon; but more frequently the blame lies at the door of the wife.

"The husband goes outside the home to find the congenial mental companionship that he ought to find in his own home and in his wife. After a hard day's work, either mental or physical, the husband wishes in the evening to have mental recreation. He wants to talk over the questions of the day, events that are discussed in the leading newspapers and magazines—the European war, the Mexican question, the Administration's defense program, the presidential campaign,

MY MARRIED LIFE  
By ADELE GARRISON  
"A Good Nurse Always Enforces Strict Obedience"

"ARE you awake, Madge?"  
"Dick's voice, almost a whisper, roused me from the delicious half-sleeping, half-waking rest which followed my terrific headache. I turned my head toward the doorway of my room where he stood hesitating with a look of such tender solicitude in his eyes as made me forget all the problems of our short wedded life.

"Not only awake, but much better, thanks to your nursing," I answered. I rose from my pillows, but first I caught Dick's hand, and putting tender hands on my shoulders, gently laid me back again.

"A good nurse always enforces implicit obedience from a patient," he said gayly, "and I haven't discharged you yet."

"But Dick," I protested, "I told you that when these headaches finally leave me I am perfectly well again."

"You are not perfectly well until you have eaten a square meal," Dick's tone was strictly professional. "Are you hungry?"

"Hungry? When one of these headaches finally does leave me, I am perfectly ravenous. That's one reason why I want to get up so I can get something to eat."

"Madam!"—Dick's manner was as ponderous as that of a judge—"when I married you I promised to cherish you in sickness and in health, and I am now going to do an nice little job of cherishing as any guy ever witnessed. That is," he added, "provided you obey as you should have promised to do, only the ministers nowadays don't dare to put in the service."

A BEDSIDE PICNIC  
He swept the things from the table at the side of my bed so recklessly that I wondered half of them did not drop or break. Then he vanished into the other room, bringing back an immense tray laden with covered dishes which he deposited with a ludicrous air of pride.

"I guess this is not bad," he announced grandly and vanished again. This time his entrance was preceded by the odor which is the most grateful to my nostrils of any in the world, the fragrant aroma of hot coffee.

But when he entered, with the stand upon which I kept the coffee machine in one hand and in the other the apparatus itself tilted most alarmingly, I had to protest.

"Dick, Dick, you'll drop that! Be careful!"

But Dick promptly squelched me.

"Now, Miss Schoolmarm, don't be so fussy," he admonished. "I prepared this coffee with my own fair hands, after carefully sterilizing the hands. You can be shouting sure I'm not going to spoil the party by spilling any of it."

He put a napkin over his arm in the most

TO MAKE THE SHOULDERS BOTH STRAIGHT AND STRONG  
By LUCREZIA BORI  
Prima Donna of the Metropolitan Opera Company



IT IS seldom that one meets a "strictly talloned" girl in these days of "fussy" styles. Naturally, my attention was attracted by the immaculate trimness of the only girl who was "different" enough to affect a masculine style of dressing among a lot of fluffy, colorful butterfly girls.

I discovered that the lines of her figure were good, but that there was something about her shoulders that spoiled her general appearance.

They were thrown squarely back and held so rigidly that she seemed to lack grace and ease of movement as she walked about. Obviously she had a horror of being considered round-shouldered, and in order to avoid all semblance of a droop she went to extremes in the other direction.

I am sure there are others who make the same mistake, and for such are intended these words of warning. Never try to straighten the shoulders by throwing them back. Straighten the back instead, elevate the chest and let the shoulders drop naturally and gracefully. This elevation of the chest will straighten the shoulders without interfering with their graceful lines.

In sitting, be sure to sit well back in the chair so that only the base of the spine touches the lower part of the chair-back. Then elevate your chest, and your position will not only be the correct one, but your shoulders will be straightened and you will appear well poised.

Should you discover your shoulders to be too fat or too thin, begin exercising to correct the defect. Exercise will harden the flesh and wear away the fat, or it will develop the muscles and build tissue to fill out the angles.

One of the best exercises for this purpose is the following movement: Stand upright with the arms held at the sides. Make sure that your spine is straight and your chest elevated. Now, hunch the shoulders as far up toward the ears as possible. Drop them and repeat the exercise at least twenty times as rapidly as possible.

Here is another excellent shoulder exercise which will correct any tendency to droop: Stand erect, stretch the arms out at the sides on a level with the shoulders.

THE CHEERFUL CHERUB  
There is a certain little star I worship with a love devout. No matter what goes on up there it never lets its fuse blow out.  
RITCAM

ment and continue to describe these circles until the arms are tired. Swinging the arms in a circle with both clenched and elbows rigid is also an excellent exercise for the shoulders.

Shoulders that are heavily padded with fat are anything but beautiful. Exert every effort to reduce them so that they will be well-rounded but not heavy. I suggest that you use a bath mitten and rub them well every time you bathe. Bear in mind that vigorous massage or rubbing will reduce flesh, while gentle massage will build up tissue. To friction your shoulders properly draw the bath mitten over your hand and rub the flesh. In order to reach every spot at the back you will have to slip the bath mitten over your long-handled bath brush.

The poise and carriage of the figure depend largely upon the shoulders. See to it that yours are straight and graceful of line.

(Copyright.)

THE WOMAN'S EXCHANGE

Questions submitted to this department will be answered, when possible, on the following day. Special queries like those given below are invited. All communications for this department should be addressed as follows:

THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

The winner of today's prize is M. G., whose letter appeared in yesterday's paper.

- TODAY'S INQUIRIES**
1. When a man and woman are dining in a restaurant, should the woman always be served first?
  2. In which hand should the fork be held when eating?
  3. Will a depilatory powder remove hair permanently?

- ANSWERS TO YESTERDAY'S INQUIRIES**
1. A little turpentine dissolved in warm water, if rubbed into the skin, will remove freckles and blemishes. Alcohol will also brighten the skin.
  2. If the ink is dry, rub into the spot as much butter-milk made into a paste with table salt as the stain will stand. Rub the stain with water to remove the salt and dry the spot with paper to absorb the moisture.
  3. Nutmegs are the kernels of a fruit which grows in the East India Islands.

**Idea for Scrap Book**  
To the Editor of the Woman's Page:  
Dear Madam—After reading the questions and answers in the Woman's Exchange for the last week I have come to the conclusion that they are too valuable to destroy, so, having an old oak book on hand, such as those used in the two-colour school and used in my book, I have reserved five or six blank pages in the front of the book for an index—for instance, the names of the questions and answers pertaining to cooking, "Recipes," etc., etc., under "Remedies," etc., and I feel that I shall have a veritable storehouse of knowledge at my quick disposal from now on.  
C. Y. F.

**Washing Glassware**  
To the Editor of the Woman's Page:  
Dear Madam—To wash glassware so that it will shine like a mirror, you should use a solution of clear water and washing soda, which add a few drops of washing soda, then wash in clear water and polish with a soft cloth of tissue paper.  
(MRS.) R. H. G.

**Increasing the Blood Pressure**  
To the Editor of the Woman's Page:  
Dear Madam—Please publish in your valuable column a recipe for increasing the blood pressure and the causes of vertigo.  
READER.

**Send Two Cards**  
To the Editor of the Woman's Page:  
Dear Madam—Will you tell me if cards inviting one to a tea should be answered at once? I received a card inviting me to a tea, and I would like to know when should I send my card and when shall I send my card.  
CARRIE.

**Recipe for Almond Cake**  
To the Editor of the Woman's Page:  
Dear Madam—Will you give me directions for making an almond cake?  
ELIAB M.

**Use for the Feather Duster**  
To the Editor of the Woman's Page:  
Dear Madam—Reading in tonight's paper about the feather duster, I thought you might like to know that I use one with a long handle for dusting walls and ceiling. I cover it with a piece of muslin, which I take off and shake and then put on again, and always find this a great help when dusting.  
MRS. J. E. F.

**Planned Reader**  
To the Editor of the Woman's Page:  
Dear Madam—For several months my home has been in the habit of bringing home a certain quantity of paper, but one evening the paper brought was a quantity of the dinner table paper. I placed one under the woman's page, and the other under the man's page, and have since then been a planned reader.  
MRS. J. E. F.

**Oyster Pie**  
To the Editor of the Woman's Page:  
Dear Madam—Rich oyster pie roll out twice as thick as for a fruit pie for top crust, and as for the lower. Line a shallow dish with the thinner and fill with a mixture of dry bread or light crackers. Bake in a hot oven until the crust is a golden brown, without breaking. Cover this with a thin crust, ornamented heavily with oysters and butter. Cook the oysters as for a soup, and heat the filling in the oven. Bake the pie in a hot oven until the top crust is a golden brown. Bake the pie in a hot oven until the top crust is a golden brown.

HOUSEHOLD HELPS  
Suggestions for Sausage Novelties

THERE is invariably some percentage of waste to each pound of meat that we purchase ordinarily, but from the standpoint of comparative economy, sausage is the least wasteful of meats. Sausage is a virtually all solid food value, with the exception of its thin casing. There is a prejudice against sausage on the part of some housekeepers, due to a reasonable suspicion.

It is true that in the lower grades of sausage there is often considerable adulteration. Not only are the meats, but the fillings. However, there are on the market some very reliable brands of sausage, made under most sanitary conditions and of the purest products. It is possible to purchase without fear.

Make cotton bags about one yard long and four inches wide, and dip in a strong salt-water solution to harden. Allow the bags to dry, and then fill with sausage meat, pressing it in tightly with a potato masher. The bag should be tied very tightly and then stored in a cool place. Whenever desired, the bag can be pulled back and slices of the sausage meat cut off and fried or cooked as preferred. This particular sausage is delicious if served fried with fried apples.

(Copyright.)

Old Marriage Feasts

Until 1645 marriage feasts, known as "penny weddings" were held in Scotland. Each guest paid a penny or a small sum of money to defray the expenses of the feast. If any money was left over it went toward the furnishing of the new home.

**Lucas VELVO-TONE FINISH**  
For All Woodwork and Furniture  
Is easy to use and costs very little. Use it to make all your woodwork and furniture new and handsome in finish.  
For Sale By All Good Paint and Hardware Stores

**Labrettinger FURRIER**  
1604 Chestnut Street  
The House of Exclusive Models

**Making Good Coffee**  
Nothing is so important to the success of the dinner as good coffee. We have imported the ordinary tin coffee pot, in which the coffee is brewed, and which is the most common and the most unsatisfactory. We have imported a French Percolator, which is the most perfect and the most convenient for home use. A Coffee Percolator makes an ideal coffee pot. See our immense stock.

**J. Franklin Miller**  
INCORPORATED  
1612 Chestnut St.  
The House Furnishing Store

**A Builder and Remodeler of Homes**  
To Order  
Gowns of distinction for the woman of Taste.  
**CHAPMAN**  
Room 321, Withington Building  
1234 Chestnut Street

**ASK FOR and GET**  
**HORLICK'S**  
THE ORIGINAL  
Malted Milk  
Cheap substitutes cost YOU more prices

FOUNDED 1858.

**DEWEES**  
Quality and Standard Farow Over Half a Century  
The New Grey Salon  
and  
Ready-to-Wear Department

The keynote of this House for over fifty years has been highest quality at lowest possible prices. Three generations have recognized this policy and shown their approval by their patronage. In opening our New Department we aim to deserve this confidence and good will even more than in the past, if possible. We purpose to give here exceptional values in style, materials and prices.

**GOOD STYLE TOP COATS, \$29.50**  
Made of fine Velour Cloth. Silk-lined and interlined, new, long lines, over-collar of velvet, shirred waist at back, practical belt.

Other designs and other materials, with and without fur trimmings. Prices to suit every purse.

**B. F. Dewees, 1122 Chestnut St.**  
THE DAYLIGHT STORE

**Nemo**  
OF CORSETS STANDARD AND SERVICE

The New Nemo "Back-Resting" Corsets  
Have Created a Sensation in Corsetdom

And why not? They render a special service urgently needed by millions of women—relief from backache.

No other corsets do this. The very invention which gives this great health and comfort service also produces ultra-fashionable lines, a graceful poise, and an erect, youthful bearing.

No other corsets give this combination of what every woman wants.

"Take time to study Nemo 'Back-Resting.' Note its simplicity. Enjoy its luxury—for which you will pay not a cent extra."

**If You Are Very Slender—**  
338 is the model you should see. For slight figures, hip bones are protected by away that "acraway" look. Weighs only 15 ounces. Size 32 to 34. \$3.00

**If You Are Slender to Medium—**  
350 will give you ultratight with splendid comfort. Light, flexible, and delicate. Weighs only 15 ounces. Size 32 to 34. \$3.50

**If You Are Fairly Stout—**  
509 will give you ample bodily support by the Nemo "Invisible" Self-Adjusting Bands, and your backaches will vanish. Size 32 to 34. \$5.00

Be a Wise Woman! Banish Backaches—Gain Ultra Style!

For Sale By All Grocers  
See our exhibit in the Ledger Central window, Broad and Chestnut streets, any day this week.

Roasted and Packed by  
**ALEX. SHEPPARD & SONS, INC.**  
Philadelphia, Pa.