# HINTS FOR THE CARE OF THE HOME-BEAUTY PROBLEMS-WELL-DRESSED GIRL'S. DIAR

# HOW CAN FRIENDSHIP BE WON, ASKS GIRL WHO IS LONELY

### The Qualifications That Are Necessary for Popularity-Asking a Musician to Play While a Guest at One's House

WHAT are the qualities that bring | prying. There is no greater pest than friendship? A lonely little gtrl of one's affairs mercilessly. eighteen writes that she "finds it very

hard to gain friends and would appreciate some advice as to how to gain a Although there is a certain amount of

technique required for the making of acquaintances, real friendship is one of those intangible things which cannot be gained except through the heart.

Personality is a thing which cannot be sequired, and no matter if a woman is as autiful as Hebe, she is doomed to edicerity if she lacks that one essential. It is said of Cleopatra that she was not divinely beautiful, but possessed such rare charm of manner that all who met her feil under her hypnotic influence.

This young girl who has written to me es not specify whether it is men friends of whom she feels a lack or whether she has no friends among her own sex; she is unfortunate indeed to be without either.

Say what one will, there is always a time when even the most emancinated "bachelor maid" feels the need of masculine attention, even if it is only (to be very frivolous) as a dancing partner. In a case like this he really is indispensable.

. . . CAN only advise you, little "Lonesome Girl," to forget your own little unhappinesses, and to be bright and smiling and tremendously interested in the affairs of other people. Not that you should be prospective guest fee's on the subject.

the inquisitive person who price into

But try to meet a few girls of you own age and then make yourself as in teresting as you can to them; if you can't think of clever things to say yourself laugh at theirs, or when they are troubled or depressed fall in with their mood and be sympathetic and comforting.

Remember, it is only the girl with an exceptional amount of personality who can constantly talk and think about herself and "get away with it," for most people would rather themselves be the center of interest.

The cynical man or woman, or the one who is known as a confirmed grouch is rarely sought after.

. . . Some one asks whether, when a pro-fessional musician is a guest at some one's house, the hostess should ask him to perform?

Should she? Some musicians are offended if they are not asked. They take it as a personal affront, while to others it is extremely irritating to be constantly asked to play or sing, as the case may be, while dining out.

Of course, there is always the suspleion in the artist's mind that he or she was invited for that special purpose, and noth-

ing could be more unfortunate. The hostess, if she is a woman of tact, will find out beforehand just how her

### THE WOMAN'S EXCHANGE

Ourstions submitted to this department will be answared, when possible, as the following day. Special overvice these pices before are invited. All communications dep this department should be addressed as follows: THE WOIAN'S EXCHANGE, Encuing Ladger, Philadelphia, Pa,

The winner of taday's prize is Mrs. F. Stone, o terday's	f Cynwyd, Pa., whose letter appeared in ye
TODAY'S 1	NQUIRIES
1. Is there any good substitute for whipped	
3. What can be done to projons the use of Unoleum as a klichen Guor suvering?	
3. Window-shade springs frequently break or become hower can this be prevented*	3. What kind of shoes should a man wear wi a dress suit?
ANSWERS TO YEST	ERDAY'S INQUIRIES

3. Hard water can be softened with washin

### Four Good Recipes for Cake

the Editor of the Woman's Page Dear Madam-Here are four cake recip thich are easy to make and very cheap. Using the ora can have a variety and still not ha mensive cakes:

CIT ONE-EGG CAKE-CUD SUBAT Lis level, teaspoons CUD SUBAT Label powder 2-3 Cups flour

ream the builter, add gradually the sugar them the well-beaten egg. Mis and sift the r and baking pewder. Add altermately with milk to the first mixture. Bake thirty utes in a moderate oven. (2) COCOA CAKE

sugar of lard

together in order given and bake

FIE, FIE, FOR SHAME, BASEBALL AND BUSINESS KEEP MEN FROM MUSIC, MR. STOKOWSKI SAYS



"And think," I said triumphantly. "the greater part of that one-fourth of one per was a violinist." he will show interest in the influence of the Reformation on Bach. He is too modest. In desperation you consult "Who's Who." But the compiler of that volume, who is supposed to know every-thing about everybody, had troubles all his own when he tried to get the salient facts of the career of Philadelphia's Orches-tra leader. He discovered only that he was

"That is true," he replied. "In America. the women have more time and more in-clination for music than have the men, who are interested in baseball and business. In Europe it is different; one sees as many, if not more, men at the concerts than

"And when is the great American opera "Who can tell?" Mr. Stokowski answered,

and then epigrammatically, "Genius, it is but an accident that takes place in an in-dividual's brain. One cannot tell when such accidents are going to happen, but one knows it when they do.

AMERICA'S MUSICAL FUTURE

ture is unique. It has never happened beture is unique. It has never happened be-fore that a land so big as this and with such possibilities was so absolutely devold of ancient history and mythology. The geniuses of the old countries who have written great works have always gone back to draw from the wonderful folk-bure and mythology of their hands. Ameri-Yet lore and mythology of their lands. Ameri-cans have come from everywhers. Per-haps time will supply you with a mythol-

> "And yet." I reminded him, "you gave an American's symphony last winter-Daniel Gregory Mason's, of Boston, a symphony

that was very adversely throws work reaches a "Every munician whose work reaches a certain standard," was the characteristic reply, "is entitled to have that work played.

This is necessary for the development of music. If he does not hear them, how can he improve them? "Think what it would have meant to Schubert if he could have heard his sym-phonies played. Not one did he hear and that is our loss, for great and wonderful a those symphonies are 1 cannot bein as those symphonies are, I cannot help but feel that they would have been even greater and more wonderful had Schubert heard them."

Mr. Stokowski settled himself down more comfortably in his chair and prepared to consider the question of Schubert and his work further.

"A little about yourself, please." I inter-

bert was interesting, big, but Stokowski,

like all "big" people, to be exceedingly democratic, genial and easy to talk to. It was my good fortune to get by the barbed-wire resistance of the Orchestra's manager, the well-intentioned pitfalls of the assistant manager—both of whom guard Mr. Stokowski with more fervor than slaves do the favorite of a harem—and arrive triumphant at the very charming residence in Merion where he and Oiga Samaroff make their home. In his sunny little study on the second foor, the leader of Philadelphia's Orchest A grost renaissance in the art world ing since. It is wonderful to watch KIDE A GREAT TREAT IN STORE The told me that is musical treat is to be and the planes or influence able to be found. A greater than it, was being contemplated. A plaque of fustav Mahler hangs in the entry outside of the beautiful Italian red edness which characterized his attitude toward music is discernible in his view toward art. The vorticists, the imagista, Matheward art. Matisse, Cezanne, Monet, the new and the near-new, all have their place in the his-tory of painting, he holds, as Debussy and the moderns and Schoenberg and the ex-treme moderns in the musical world are cutilled to a hearing. entitled to a hearing.

### MY MARRIED LIFE By ADELE GARRISON

### "If Our Ideas and Ideals Don't Conflict"

As I put on the gown an

As 1 put on the gown and fasts temptation came to me. It was as me to ask Dicky for more money, a ing as the task was, than to tell his had paid the bill he had neglected

had paid the bill he had neglected. I that he was extravagantly careless money matters, also that he was enough my lover to wish to pleas Suppose I told him I needed the money for some purpose other the housekeeping expenses—any extra do—and keep quiet about the cleaner I knew that If I simply told him the keeping money was gone, even Dicky would know that somethin wrong, that I never could have appear short time we had been keeping he

short time we had been keepin generous sum he had stuffed in

"What is she bothering her w? Settling the war or the "

"DINNER IS SERVED"

"Violets again ! Oh, Dicky, how to

aly Furitan conscience, julied to a sciousness in these days by the glas Dicky's personality, awoke and de a hearing. I had no right to keep th from Dicky. For my own final per his, this whole financial question a settled before we slept. Was it common sense, consideral Dicky or plain consection to the settled before we slept.

Dicky or

dinner

again.

forgive her.

they were!

Dicky or plain cowardice that made resolve to avoid any discussion until

"Oh, say, Missis Graham, dinner I mean, dinner is served. Misses I You forgive me dis time. I m

Katle's voice came as a welcome Something about her appealed to the of humor which I fear is rather a in me. I had gently tried to cure a her habit of addressing me as 'Dh missis," but Katle invariably forg

"Will you honor me?" Dicky house and offered me his arm. "Such as nounsement as that domands that we ma a formal entrance to the dining room.

How dear he was, this lover hush mine. How I wished that our idea ideals were not so opposed as I

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reminder. Katle invariably and

MADE a most humiliating discovery a few sminutes after the shabby proprietor of the cleaning establishment had gone in moy haste to pay the bill which Dicky a simple affair of soft dark blue ting old rose figures dotting it and noglected for so long I had given the man all the money I had in the house Tomorrow the "butcher, the balker and the motions with which is Dicky to pay them. I must either ask Dicky for money or put off the trademmen to morrow. and collar of old rose satin. "I can't see any difference bet self and the savage wife who m self brave with extra heads. avert a beating." I told myself I let down my hair and arrange way Dicky likes beat, in carely waves over my ears, and colled the nape of my neck.

for money or put off the trademmen to-morrow. Either of these courses was intolerable to me. I always have had a horror of a debt, be it ever so small. It is bred in me. My little mother's early married life, before my father ran away, was a long nightmare of debt and the duns of creditors. One of my first memories is of my mother's despair at having no money with which to pay a pressing creditor. I cannot re-member when I made my first resolve never to owe anybody anything.

member when I made my first resolve never to owe anybody anything. On the other hand, long years of in-dependence had intermified another trait of mine, that of hating to ask a favor of any one. I had hoped that Dicky, when we started housekeeping, would talk over his financial affairs with me as he would with any other partner. I had planned to discuss with him what sum we could af-ford weekly for housekeeping expenses. Then I had expected that he would hand me that sum each week without any further discussion.

Dicky's mischlevous face peered a shoulder into the mirror. I had absorbed in my worries that althout discussion. But Dicky's plans evidently did not run along the lines which appealed to ms. The day, we came into our little home he had taken my purse from my hand, stuffed some bills inside and said carelessly. 'That's for the housekeeping. Tell me when you need more.'' Thousands of women before me. I suppose have gone through the experience I did, that of trying to stretch that money to the farthest possible extent so as to put off the day when I should have to sak for more. toor of my room was open I netter heard Dicky enter the apartment ner him obme into the room. "Dicky! How you startled dropped into the banal to a "This may soothe your trembling Dicky gayly tonsed a dainty hos me. I knew its contents before In He had brought me many similar

for

AN EMBARRASSING MOMENT

AN EMBARRASSING MOMENT "Say, Missis Graham, the laundry man here has the shirts and collars. He say a dollar and thirty-five cents." Katle stood in the doorway, to my eyes a very Nemesis. I counted out the change in my purse. One dollar and five cents was the total. I handed her the dollar. "That is all the change I have here, Katle." I tried to make my voice non-chalant. "Tell him to add the rest to next week's bill."

you!" The temptation to let things and take the samest way out of the dime was very strong. Then the thought of shabby little man whom Dicky had a for so long struck my conscience in whiplash. Violets! Almost every fancy gratide me and for himself, and, for all he kee bern in London, of Polish parentage; that he was graduated from Oxford University; that he studied music in Paris and con-Violets! Almost every fancy the me and for himself, and, for all he man who had worked hard in his sorely needed the money justly puritan conscience, fulled to ducted a symphony orchestra there and in week's bill." Katie came back in a moment, her eyes

snapping with indignation

snapping with indignation. "What you think, Missis Graham? That driver, he one fool. He say he new driver, don't know you, he can't leave laundry no mones. He say he take it back with him. I say, 'You big stiff. I give you money.' I have some in my pocketbook. So I pay him, get laundry. You tell Mr. Graham call up laundry, have him come no more here."

here." "Thank you, Katie." I said faintly. "Thank you, Katie." I said faintly. "I will hand you the money when I get some changs." Katie's slang and manner grated upon me, but I realized that this was no time for criticism. When a person saves your life it is not quite clubby to object to the manner in which he does it. "That's all right." said Katle grandly, and vanished to the kitchen. For a minute I whimsically envied Katle. She had no complicated financial problems. So much work, so much money and only herself to soit in its spending.

wolt in its spending. For the first time since my marriage I dreaded Dicky's home-coming. Our little dinner each evening had been the one event of my day; something to look forward to and to dress for. Today I felt as I were soins to execution. going to execution

3

THE PERPLEXING PROBLEM "But it is a point of honor to dress one's best even for that," I said to myself as I

CONTINUED MONDAY

### WAYS TO HAVE BEAUTIFUL ARMS By LUCREZIA BORI Prima Donna of the Metropolitan Opera Company

and grace. Thin arms can be de-

developed by exercise and the application of

LUCREEIA FORI fattening oils and creams. Prepare the arms by bathing then

in warm water so that the pores will be opened to absorb the oil. Then dip the fingers into clive, sweet almond or cocos

CARE OF THE ELBOWS

Very seldom does one see a pretty pair of elbows. Usually the skin covering is rough and wrinkled. To improve the texture of the skin scrub the elbows with a brush and

RETTY arms are so charming and so rare that it is a wonder that more women do not take better care of this beauty asset. Women to whom beauty is a science know that arms are a great aid to grace, therefore they devote enough time to their care to keep them well rounded, white. There is no excuse for the woman who do the solution of the woman who do the woman wh time, when evening gowns are and and afternoon frocks have train sleeves, that it is the duty of every to pay particular attention to the dons a sleeveless evoning gown and displays a pair of scrawny, snakelike arms that rob her of both beauty them



ogy.

that was very adversely criticized."

jected timidiy. But, no, it could not be, he said. Schu

that was too small. "What do you read?" I fired at him just

Boyish Yet Mature, Philosophical Simple and Always

An enlarged toe Joint is freque oes that are too whert or too i reasons the Foot to allo down lot all the pressure is on the form

3. A wedding invitation should be addressed to both Mr. and Mrs. No-and-so, even when the sender is acquainted with only one of the two.

### Home Life vs. Business Career

Dear Madam—"Do you think the stri who has nounced marital bliss for the excitement of a roar is the truly happy one?" anks the Nyrro Lincore. To the Editor of the Woman's Page:

This of denotes. It all depends, I say. The main who argues that the woman's play home deserves a newwer reprimand. On the ther hand, the woman who claims that it make sex can and should vis with men in a class of life is also wrong.

# Then, who is right? A compromise is the only way out of it. How should we compromise?

We cannot as componings. "Attend one-half day to your child and the frast to matters con-certing your career." for that is an impossi-bility both in theory and practice. Nor can we say to man, "Attend one-half day to your busi-ness and the rest to your home." for that is just as impossible. just as impossible. Again, what shall we do? The aniswer is. We must leave it to the in-dividual. Just as we have men who have made the wrong choice in their lives that is, chosen insines. If instead of professional, or vice vices we will bave women who will make mis-layer in their choice. If a workan be so built, have in their choice. If a workan be so built, have in their choice. If a workan be so built, have in their choice. If a workan be so built, have in their choice. If a workan be so built, have in their choice. If a workan be so built, have in the transfer of the bar work in the totally include the bar which but be totally includes the mer who choice will be as uchappy as the manifold in life, and for neither can the community work has wrong course tas above mentioned in life, and for neither can the community works as the over-sacrificing mother. Neither is any out the other's poulture. any out the other's and ther.

SAMUEL S.

Modest By M'LISS T HAS been said of Leopold Stokowski

that we in Philadelphia know him so well we do not know him at all; that we are in the same position as the man long married. Asked the color of his wife's eyes he flounders:

"They are blue

City's Music Master

"They are blue." "No ; on second thought, they are brown." On third thought he decides they are hazel, only to run home after this diagnosis and find them to be gray! We know him as an institution; as the person who fairly "eats" work; as the fa-mous husband of a famous wife; as the in-dividual who has done more perhaps to put Philadelphia on the musical map than any other.

any other But it is Leopold Stokowski, the man, that those who really know him find most interesting

Like all "big" people, he is extremely difficult to get at; but once you penetrate the almost impregnable lines of defense that

the management of the Orchestra has thrown around him, you discover him, again like all "big" people, to be exceedingly democratic, genial and easy to talk to.

cocos and milk mixed

(3) MOLASSES	CAKE	
1 cup sugar 1-3 cup lard cup molasses	1 cup sour milk 3 mant cups flour 2 teaspoons sola 1 teaspoon climan	6
Mix together in	order given and bake k	n

#### (4) APPLE BAUCE CAKE-

To the Editor of the Woman's Page

To the Editor of the Waman's Page:

111 APPLE FAUCE CAKE— Cream together one-half cup lard and on sup sugars. Add one uup raising, one-nuarte aspoot each of and num raising, one-half tea born of these and vandla. Dissoive one fea men of soda in two tablespices at bollin tar, then attr it has one cup of tars appi-ume. Combine with creaned infrarts, hear to be sud one-half cups of hour and bake in a derate ore. (Mits.) P. C. B.

Delicious Salad

Qualifications for Nursing

have had a fair school education. The course of training is rigid. During the first

year especially the nurses must accustom themselves to perform many menial serv-ices. The profession is a splendid one for

Wants Nose Shortened

Oily Scalp

Editor of the Womas's Page

young

in her nature. It pays extremely

dam --Kindly tell me whether or n lum will remove or reduce the car guint of my near. Also explain has a STEADY READIER.

#### **On Motherhood**

#### To the Editor of the Woman's Pape:

Dear Madam-In looking over your woman mass I holived an article on metherhood. I have near married five years, had two children as lost them and think I have had enough exper-mics in that line to be able to write. The failed of the source of the source of the failed of the source of th

The woman who marries and hus no childre is a very unhappy woman; she misses and long for something which she can never have, an there is no somethy and vacant spot which grad uaity grows larger and larger, until she begin to realize that her married life is a failure This, of course, applies to the home-luving woman.

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The Relief of the bounds of the up survive. Can be an Madam - I want to take up survive. Can a give mo any idea as to the qualifications? I ald like to have al idea before I make an profession for a young woman who is any lows and wishes to harn something worth life. I have heard that norman have to do ubbing. Is that so? Please answer through a paper. BETTINA, Canden, N. J. woman. On the other hand, how much better off is she than one who has had and lost? This woman has usever felt the thrill of being called "mother": she has never felt the warm class of ismder little hands inid close to her, or the anticipation of the Brst tooth, the örst atferm to walk; only then can she realize the impor-tance of murried life. Happy is she who has never had childress rather than to have had ann lost them? pur paper. BETTINA Camden N.J. A young woman who wishes to take up nursing must be over extiteen years of are, must have sound general health and present a physician's certificate to prove the same : her hearing must be good and her tech in graduate if she becomes entraged or mar-ries before her term is ended. She must have hed a fair achool, education. The

as us the puint of my nose. Also exclude how, ad obligs A FTEADY MEADER. I have never heard of using powdered lum for such a purcess and have slways inderstood that nothing but a surgical peration would shorten the nose.

responsibility. I have also known many young men who have applied for boattions and were rejected in have of married men. Most emptoyers desire the services of married men. Anowing woll that they will take their work more seriously. I would also like to state that at the pace the young men of today are soins a map of thirty is equivalent to a man of fly in our gradiathers time. Give a young man a wife, and invertably that young man will give the best that is in him to make good. T. E.

To the Editor of the Woman's Point To the Editor of the Woman's Point The supportions from the Woman's Division an writing to sake if you can add me further. An troubled with an extremely only scale. A first of two after the theory of the scale the one scale the point of the scale and discussion you can be the scale and discussion of the scale of the scale of the same scale the scale of the scale Your letter was a most interesting one. Mr. B., and should prove succuraging to many young men who are contemplating marriage. Perhaps other readers will ex-

THAR M. M. Only hair is very difficult and different reatments are advocated by specialists. The hair should be abampooed every waek, a as to prevent the pores of the scalp from being clogged up with dust and dirt. Sham-be with imported greest song and wash the at a law waters, timing each time. The of the Woman's Pasas Madam-is reference to P. C.'s argu-t shout man marrying at the age of thir nat baffore, where does he get all the ah idens? It crust he that he has eith r tried it or that he has tried and fails passes he has mingted with those fellos

a waters, ripsing each lint. The sing should be a protonged eme-th spray and pienty of hot incl-er for the purpose. Dry the bair a of possible, subbing and asp-ses a drying tonic. The following

Allarget		6 Grause
	MATAX	
	ALC: NO. OF STREET, ST	

floor, the leader of Philadelphia's Orches tra, looking even more boyish in his dark business suit and soft neglige collar than

drawing-room, with its broad open fireplace. It occurred to me as I went up stairs that man who had put through such tremen dous work as the Eighth Symphony with such consummate skill and genius, must perforce "back it up" with something very gigantic, indeed, in order not to live in an ant-climax, all his life. I mentioned this to Mr. Stokowski

"But we have something in mind quite as But we have something in mind quite as big." he said slowly: "what it is I cannot say, because I have found it very unwise to tell in advance what we are going to do. When the Strauss 'Alpen-Symphonie' was given another orchestra, with what motive you may imagine, antedated us by a day. I do not want this to happen again, and so I shall not tell what it is we are going to do." shall not tell what it is we are going to do

When he speaks of what he is going to do you get the feeling that inexhaustible re-serves of energy and force are his to call upon, and it is impossible to helieve the rumor that his health has been well-nigh wrecked by the tremendous effort expended on the Mahier Symphony. "The physical demands," he said in that

rich, vibrant volce—a symphony in itself— with its foreign accent which years in Amerca and Oxford University have still left perceptible. "they were not so bad, but what takes it out of the man who directs is that he must give of his soul, his spirit. to every individual he is leading. To each of those thousand people there had to be a line of sympathy going out from me. That leaves one tired when it is over."

It is a source of depressing amazement to this man, whose name so speedily has be-bome linked forever with the musical his-tory of this city, that the percentage of the population interested in music is so small.

REGRETS SCANT MUSIC PUBLIC

<text><text><text><text><text>

"We are too near the picture," he elabo-rated his idea of the extremists "to judge accurately what the ultimate result will be of their strivings, but that they are after a definite idea cannot help but be seen. For-getful of form sometimes, they are working for color. Debussy got it—pure color in small spots—In his "Sirenes." That is the best exemplification." And then because it was late and I had

trespassed long enough. I got up to go, but, remembering a remark that a man who stands in line every Saturday for a gallery seat had made. I sat down to re-peat it. The man who really loves music, who

"The man who really loves music, who will stand for two hours in order to get in to hear a symphony, he resents the soloiat, the star who draws large crowds, who jsopardizes his chance to get a seat to hear good music. He has a contempt for those people who will come only to hear Schu-mann-Heink or Farrar and who stay away when there is no soloidt."

mann-Heink or Farrar and who stay away when there is no soloist." "He is right," Mr. Stokowski said definitely. "It is thoroughly bad for an orchestra to engage a soloist merely be-cause he or she is a good drawing card. The artist is the means to an and the ideal con-dition is when he is employed because it is necessary to have him to interpret the work that is being siven."

necessary to have him to interpret the work that is being given." "Did you know that those persons who stand regularly in line so as to be able to hear you are often crowded out by those who come only infrequently when a p-sular artist is to sing or play, and that is they wish the check system that is in use in Boaton, whereby those who come first are served first, would be installed here?" I asked.

asked. The keen interest registered by Philadel-phia's orchestra leader shows that his heart is with those who sit in the "high places." "I shall suggest those checks to the man-agement." he said, making a note of the matter. "I know what if is to stand. I did it is o many, many times when I was a student. It was so cold and the waits were so long and it was so ruinous to the disposition to have some one who had been waiting not so long crowd in front of you. We shall see what we can do about that."

#### A TRULY MODEST MAN

A TRUEY actions, and talk to hout everything under the sun that ex-ludes himself. Ask him how old he is and in will reply that it is truly marveloge. a it not, the way Shakespeare drew upon he old legends for his mesterial.

A demure frock of gray crepe de chine.

tra leader. He discovered only that he was

### **A Simple Afternoon Frock**

"B my hand these days. He has called me all kinds of complimentary names from a "queen" to a "brick." Every after-noon he comes here to see what progress we've made with the stage clothes. Today, when I showed him the pretty afternoy. when I showed him the pretty afternoon frock Mrs. Mathon had just finished for Botty Flemming, he raved about our clev-orness and almost embraced Mrs. Mathon in an effort to show his appreciation of what we were doing to save the day where his play was concerned.

oil, that has been slightly warmed, and rub it gently into the skin. Rub the oil in slowly, round and round, so that every part The dress really is a wonder. Betty has a demure, Quakerish type of beauty and I kept this in mind while designing the frock, which is of pale gray georgette crepe, with a lining of chilfon taffeta. Betty bought the material from her own allow-ance, so that the frock will be hers after the play. slowly, round and round, so that every part of the surface is massaged. Another treatment essential to the im-provement of the arms is bandaging them at hight. This process takes only a few min-utes and the results after a time will be most gratifying. It is best done by soaking strips of old linen or antiseptic gauze in sweet almond or olive oil. The bandages should be four inches wide. Wrap them firmly about the arms, but not so tight as to stop circulation. the play

Mrs. Mathon cut out a princess slip of Mrs. Mathon cut out a princess slip of taffeta and fitted it snugly to Betty's trim little figure. She stitched the scams and turned it over to me for the finishing touches. I stitched the hem by hand, bound the armholes and neckline with bias folds of taffeta, and sewed on the hooks and eyes. By the time I had done these "chores" Mrs. Mathon Just me overdress ready for us to work on. She cut the skirt four and one-half yards in width and trimmed it with three deep.

firmly about the arms, but not so tight as to stop circulation. To develop arms that are too thin clasp or hock the fingers of one hand in those of the other, one hand being paim down-ward, while the other is upward. Raise the elbows shoulder high and move the arms first to the right and then to the left. Follow this movement by raising the arms, the hands still clasped, high shove the head, and then stretch them as far down in front as you can. in front as you can.

<text><text><text><text><text><text><text><text>

(Copyrisht,)

### Quince Marmalade

the but do not peel guinnes, cover ther and conk until tender. Frees they and they cook, adding one at sheve and they one, adding one at

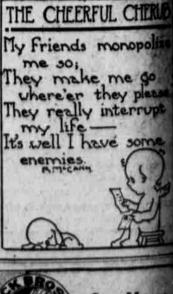
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Just Plain Mother She was steady and brave when the got on fire, And when robbers broke into the

the never grew faint on receipt of a Or squealed at the sight of a When the boat overturned she was h

And calm: Her driving was daring and sur-But she simply collapsed with

qualm When the kid got a temperature —Corinne Rockwell Swain, 194



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