The Informality of Having Guests in Former Days Lacking in the Hustle and Bustle of Modern Everyday Life

the good will you bore them, did you "go out into like highways and hedges" or did you ask those persons who could return the favor in kind or be of use to you in some other way?

If you did the former and your board was surrounded by strangers or poor relations, at all events those who prosumably are unable to make any return of your kindness, you are truly not lack ing in the old-fashioned ideas of real hospitality.

Time was, and particularly was this true below the Mason and Dixon line. when houses were always thrown open to receive friends, acquaintances and convenience to the houts.

It is true that in most homes there and Uncle Bill were made just as welcome | and not at his case. if they came without a sou as if there was possibility of a legacy. Nowadays Cousin Jane is varning her daily bread give a tea or a hridge purely because in an office, while Uncle Bill is spending they owe so many things, but these are his days in an old man's home.

WHEN you opened your home to In those days when a friend was in-friends yesterday inviting them to vited to visit she came, and if she at-partake of your blessings, symbolical of tempted to leave within a week she was simply squeiched and made to stay; now we ask some one to come for the weekend-stating the time very concisely-and when our guest departs on Monday morning it is, too often I am afraid, with a "thank goodness, that is over!"

And you know how exasperated you have been many times when John has brought home an unberulded guest. Perhaps it is washday or the cook's day out, or, failing that, the children have eroup-but there was always some good reason for not wanting him.

Of course you will my that in these chirpy giggles, was talking rapidly to Dicky days there are so many things to be done and so little time in which to do them. even strangers, no matter at what in- This is true, but the main trouble is that many housekeepers are not content to serve a simple dinner to a guest. They were many servants and an abundance have that "company" idea that they must of the good things of life, but poor rela- prepare something elaborate, and as a retions were just as numerous; Cousin Jane | suit the "company" always feels strained

> There are women who entertain be cause they love to do so and who do not andly in the minority, I fear.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily indorse the sentiments expressed. 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 Mrs. Jennie E. McCoy, whose letter appeared in resterday's pager. TODAY'S INQUIRIES

S. How can brass fixtures be cleaned?

S. Is there any way of removing white spots

1. How can starch be prevented from blowing 1. Is it proper for a young woman to go to out of clothes which are hung to dry in a strong visit a man's family on his invitation? 2. If a weman with a stout figure wishes to

obtain the effect of all lines should she wear her clothes loose or tight?

3. What is a good substitute for some for re-moving status from the hands?

are draing. This will maid the lining of the shoes to the feet.

2. When engaged in painting, gardening, etc.

ngany at a housewarming

Friday, December the twenty-second at 8 o'clock to celebrate the completion of the

Bridesmaids' Costumes

Four Valuable Formulas

One Idea of the American Girl

faults in taker years she proves to be a wan derful wife and mother, always unselfish and dergiving.

Am I right at all? Or all wrong? C. O.

Novel Gift for Bride

Fitting Up the Guest Room

Editor of Woman's Page:

building at -

to the Editor of Waman's Page:

To the Editor of Woman's Page:

Dear Madam Here are a few sens

afterward be easily removed.

ANSWERS TO YESTERDAY'S INQUIRIES

I. When difficulty is experience in cutting the shore of the shore will be not creable; this should rarely be done, however, as it is injurious to the knife.

milk before baking it will make the crust a rich golden brown.

3. Gum camphor laid among books on the shelves will keep mice awar. Large Quantities of Bread Unhealthful take if a pinch of salt is added to the quantity

Large Quantities of Bread Unhealthful

To the Editor of Womon's Page:

Dear Madam—As the broad problem at present le a difficult one, may I voice my opinion on the subject! How often have we not heard read that 'too much bread never furt any one' I have found this is not true. Excessive bread enters are usually pale and catarrhal, and often dult. In many households I have noticed that to be the case. I am the matter of five healthy children and have found one of the most disastrous practices that I could allow is to constantly satisfy their superities with bread. Applies are chapter than fread, as it takes less to satisfy, and are an escellent resulator if given between meals. Then it only requires a little forethought to substitute some large of the present that the could allow yarlety of dishes that very little bread is mean against the meal. So we need not despain day, and there is always plenty of stale bread with which to make suddings. I buy a mean successive seasonable food and construct the meals accordingly. The appetites are always wide variety which to make suddings. I buy a mean successive seasonable food and construct the meals accordingly. The appetites are always nothing to wasted, I approve the agent of the invitations accordingly as follows:

Mr. and Mrs. J.— W—

Miss M— W—

Mr. and Mrs. J.— W—

Miss M— W—

Miss M— W—

Mr. and Mrs. J.— W—

Mr. and Mrs. J.—

cellent method to overcome the bread-eating habit is to serve if a day old, thereby forcing the onnumers to eat of the other dishes, which should always he instity property. I have found this works beautifully sto, housewives, as little strategy and the high cost of wheat and potatoes will not put you in an early grave. I have added many you in an early grave. I have added many you in an early grave. I have added many suggestions and recipes to my lone the from this valuable page, for which I am very honking those I have at hand in return.

(Mrs.) J. J. also... Atlantic City.

Readers of the page will be very glad to have some of your recipes, I feel sure.

Boston Brown Bread

Boston Brown Bread

Fe the Editor of Woman's Poss:

Dear Madam—Will you please publish a recipe for old-fashioned Roston brown broad wind wind for old-fashioned Roston brown broad wind wind for the fashioned Roston BrillEABETH C.

This recipe is given by Miss Possi MacDonald, of the home economics department at Pennsylvania State College: One cup rys flour, one cup granulated comment, one cup graham flour, one and one-half teaspoonfuls soda (level), one teaspoonful salt, three-quarters cup molasses, two cups sour milk. Mix and sift dry ingredients. Add molasses and milk, turn into well-buttered molds, cover tightly with buttered lids. Set molds on a rack gs a deep kettle. Surround moids on a rack as a deep kettle. Surround with hot water to haif their depth, cover kettle and cook for three and one-half

hours.

Molds should never be filled more than two-thirds full. Baking powder cans are attractive for this purpose, though a five-pound lard pall will do. Raisins or currents make a pleasing ad-

Recipe for Delicious Tarts

Recipe for Delicious

Fo the Editor of Woman's Page.

Dear Madam—This recipe for taris will prevent delicinus: One-half pound outler, one-quarter clip miks, two cales cream chesse, enough flour to hold all together. Roll this, cut in three-hold squares, put a little jam or preserves in center turn corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were to the center over Jain and Line Corners were the center over

Uses for Baking Soda

Mexican Salad-Brussels Sprouts

To Expedite Cleaning of Silver

By ADELE GARRISON

Do You smoke, Mrs. Graham? I'll bet a ten-spot that you don't, but you ught to bearn."

Harry Underwood leaned toward me, a case of eigerettes in his hand. Dicky had provided eigerettes in a quaint antique jar one of the things he had brought from the studio to the apartment. But Mr. Underwood evidently wished me to try his

Underwood evidently wished he to down brand.

The question was the only thing needed to complete my anger at this man. I had vaguely disliked him from the first time I had met him. His bold words and manner in the stiernoon had despened my dislike. Then when his wife had warned me that he would in all probability make violent love to me, as I was a new type to him, my feeling had become an unconquerable aversion.

Lillian had added that she would straight Lillian had added that she would straight en him out if he annoyed me too much hut as I looked out from my armchair, it which he had imprisoned me by the simple expedients of pushing me into it and standing in front of it. I was that she was still too absorbed in her art discussion with Mr. Lester to come to my rescue. Mrs. Lester, with little hird-like glances and thirty gigsies was talking regular to linky

"EVERYBODY'S DOING IT" For the moment I was as much alone with ir. Underwood as if the room had been

ing my unspoken thought. "You can't get

away. I promised myself a little uninter-rupted conversation with you and I always get what I want, always."

He bent clover to rise, bis eyes holding mine. He spoke alowly, emphatically. I shivered. I feit the sudden momentary dread of this might I had experienced it the afternoon. He laughed suddenly with hearty mischief.

Scared you stiff that time, didn't 17 Do

hearty mischief.

Scared you stiff that time, didn't I? Do you know, I thought the melodramatic stuff would get you. I score one. You'd better light one of these. I can recommend the brand, and it's mighty fine for the nerves." I looked haushtily at him, but before I could open my mouth he began humming: "Everybody's doing it, doing it, doing it." I looked around my living room. The air was already heavy with the scent of the cigarettes. The men were all smoking. Lillian Gale was consuming one after another, while even little Mrs. Louise was toying with one. She looked like a little girl playing at ampoking a corn-silk playing at smoking a corn-silk

ALL ALONE, INDEED

But before my guests had ever arrived had made my decision concerning smok-I had smoked my first eigarette with ing. I had smoked my first eighteets with fucky at his earnest request, almost his command. But it had been against all my principles and prejudices; I had done it only to please Dicky, and in the seclusion of our home. Not for worlds would I rejeat the experience in the presence of other persons, especially at the behest of a Harry Underwood's face still

eld his mocking smile as he held out the ase toward me

case toward me.
"I am sorry"—I tried to speak courteously—"but I do not smoke."
"I know that. But you are going to try
one with me. The combination of a cigarette and your mouth is something I should If candle wax is pressed under the floger naits they can be kept clean and white. The wax can like to see."

How I wanted to tell him what I really thought of him. But my tongue was field by the knowledge that he was Dicky's friend. I foresaw all sorts of disagreeable possibilities in the future if Harry Underwood kept up this tone he was adopting

toward me.
Suddenly he took a cigarette from the case, and, bending forward, placed it against my lips. With his other hand he struck a match.

There," he said, lighting the end neares "There," he said, lighting the end nearest to him, "now just draw in your breath and you'll be a smoker before you know it."

The familiarity, the persistence of the man made me furious. I forgot that he was my guest, that he was Dicky's friend. I sprang to my feet, pushed him away from me violently. The cigarette fell to the floor, but on the way the lighted end gruzed his hand. He uttered a muttered exclamation, and I rejoiced that he had suffered even so slight an inconvenience.

slight an inconvenience.
"Mr. Underwood," I said ter Mr. Underwood, I sad tensely, will you please understand once for all that I do not smoke, nor do I mean to learn? Will you allow me to tell you that I do not like you, and that the language you have been using toward me is extremely distaste-

I had spoken purposely in a low tone so as not to attract the attention of the others. It I had thought to disturt Harry Underwood, however. I had been greatly mistaken. He looked at me as I spoke through half-closed eyes, with his laxy, exasperating To the Eddier of Woman's Four-Deer Madain - I am to be married during the first week in January and want to know, when chossing my bridgemaids costumes, whether to plan for winter hats or summer ones. PEGGY. I think in this case I would consult the

"Very pretty, very spirited, my lady; but it doesn't bother me. "Sticks and stones" —you know the rest of it." (CONTINUED TOMORROW)

bridesmaids themselves. Either veivet or straw would be appropriate—in fact, any sort of hat may be worn. The scanning are advanced so much in the matter of ciothes these days that personal tasts is about the only thing to be consulted for the con-tumes of wedding attendants.



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THE ORIGINAL MALTED MILK

MY MARRIED LIFE HOW TO OBTAIN AND KEEP A "JUST RIGHT" FIGURE

By LUCREZIA BORI

control change from one leg to the other

control change from one leg to the other rapidly, so that you get the same movement as you would if running.

Exercise three—Lie flat upon the floor with the face turned upward. Fress the hands firmly to the hips and lift the feet slowly over the head by heaving up the body until the toes touch the floor above the head. Repeat vigorousiy twelve times night and morning. Increase the number of times as you find yourself growing less fatigued. I advise both the too-thin and the too-stout to walk whenever it is possible. There is such a thing as heing too thin, as many women know to their sorrow. An ungainly thinness, in which hollows show in the neck and cheeks, while the chest is unhecomingly flat, is anything but beautiful.

ungainly thinness, in which holdows are the neck and cheeks, while the cheet is unhecomingly flat, is anything but beautiful. The thin woman must first pad out her beny frame by eating fat-building foods. Then she must be laxy, sleeping a great deal of her time and trying not to "go at things" in such an energetic manner. I have learned by observation that most thin women are overenergetic. They make even the simple duties of life use up twice as much energy as the average person.

Rub the entire body with warmed clive or sweet almond cil. Massage the hollows of your face and neck with a good skin food. Take a tablespoonful or two of clive oil before each meal, and drink plenty of milk and cream.

milk and cream.
You can obtain the "just right" figure if you persistently follow these suggestions

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FRANKSED



Eat simple foods.

No Woman can afford to neglect her this exercise until the muscles of your legs figure and allow herself to become fat feel tired. Take this exercise slowly at and clumsy or angular and loose-jointed A first, but when you have gained muscular upple, graceful figure is an essential asset o good looks. In fact, gracefulness is the foundation of charm-

The stout woman makes consistent errors of diet and fails to exercise enough to wear away the superfluous flesh, while her thin sister will not take the frouble to neourage the building of flesh that will und out her angles and improve her ap-

earance. The figure that is considered "just right" a neither too plump nor too thin. It is nos-able for every woman to make her figure

Conform to this moid.

One grave mistake that almost every stout woman makes is the wearing of the wrong corset. She imagines that every peron's figure should be cut to a pattern son a figure should be cut to partial the a dressmaker's model. So to attain the slimness she admires the inclined-to-be-steut woman squesses herself into corsets a size or two too small. In this way she persuades herself that she decreases the persuades herself that she decreases the size of her walstline, but she forgets that the flesh squeezed away from the walst must distribute itself elsewhere. It increases the size above the walst or below, and in-stead of appearing silmmer she is stouter

If you are stout you should be fitted to corsets by a corsetiers who is thoroughly reliable. Then exercise and diet to decrease

our weight. Newadays it is almost every woman's Newadays it is amost every the less to be slim, and to attain quite an attenuated slimness at that. It is a mistake to think that the well-rounded figure is ungracefol and facks real beauty. There is nothing prettler than the plumpness of

nothing prettier than the plumpness of youth.

Do not ruin your health and good looks by starvation diets and obesity remedies. Exercise judiciously. Too strenuous exercise is harmful until after you have hardened your muscles and tissue.

The following exercises will do much toward remoiding your figure, and should be practiced both merning and night:

Exercise one—Stand erect and stretch the arms high above your head, keeping the elhows stiff. Place the left foot one pace forward and sideways, so as to swing the body about at the waist. Slowly bend over the extended knee and touch the ground well in front of the toes. Repeat this movement five times, then change to the other ment five times, then change to the other Exercise two-Stand erect with hands on

Raise the right knee as high as he hips. Haise the right knee as high as somethle then change to the left. Repeat

AUGENBLICE, Mr. and Mrs. M. L., 608 South Ninth st., a son, Harold I., 8 lbs. BOLITZER, Mr. and Mrs. Simon, 1916 Pop-

rem, half a pound of stoned dates and three BAYER, Mr. and Mrs. Jacob, 521 Mercy at., a son, 8 lbs. 5 oz.

LEAPOLD, Mr. and Mrs. Harry, 6022 Race at. a son, 7 lbs. 4 oz.

MELLER, Mr. and Mrs. Morris, 248 Monros at. a daughter.

POLLACE, Mr. and Mrs. Edward, 5203 powder, and lastly str in the fruit, out up powder, and lastly attr in the fruit, out up powder, and lastly attr in the fruit, out up powder, and lastly attr in the fruit, out up powder, and lastly attr in the fruit, out up powder, and lastly attr in the fruit, out up greated loaf tin for one hour and a haif, and when baked leave uncut for a day or two.

Take a breakfast cupful of flour.

ounces of butter, four ounces of sugar, of

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