REVELATIONS OF A WIFE+THE WOMAN IN THE HOME-QUESTIONS OF GENERAL INTEREST

PLAN NOW FOR A "SAFE AND SANE" HOLIDAY NEXT YEAR

If You Are Experiencing the Nervous Reaction Which Follows Too Exhaustive Preparations, Make a Resolution With the New Year

AN INTERESTING afterthought is coning which may be worth remembering another year in preparations for the big

"Now that Christmas is over the time hits come for the Christmas reaction to set in. Any one who has at all caught the spirit of the holiday must necessarily feel a loosening of the nervous tension when the festivities come to an end. In the average bustling American family, where Christmas is the one day of all the year, after the first flush of Yuletide cheer has swept by it is a general observation that for the space of several hours every member of the family takes a turn at being tremendously peeved.

"This is especially true of those whose only relation to Christmas is that of the pleasure secker. The huge army of work ers upon whom falls the burden of the Christmas trade look upon Christmasover with a sigh of relief. For them the seamy side of the holiday is associated with its preparation. But such is not the case with those for whom Christmas is only a good time. They have their good time; they rise on the full tide of Christmas good-will and indulge their anticipations to the last drop of nervous energy, and then when the clock has rolled round its twenty-four hours they are left stranded-where?

"Generally, in the dumps. It is interesting to note the way in which the wave of depression proceeds. As a rule, it ses from the youngest member of the family to the oldest, from those who focus the intensity of their celebration upon Christmas Day alone to those who spread it out over the whole Christmas week. The children are the first to go They have stayed awake half the preceding night listening for Santa Claus, and in the morning they are the first up to see the results of his visit.

"By 4 o'clock in the afternoon they can't get a current in the electric train the jumping-jack refuses to wind and anap go their sweet dispositions. Mothars's turn usually comes when the Christmas dinner has been successfully served. With the younger set the whole the bills begin to come in.

THE CHEERFUL CHERUB

I'm saving Christmas money now, pay, cost me lots Because I cant crochet.

"But it is quite a mistaken idea of Christmas that necessitates all this. After-Christmas effects should be those of utmost satisfaction. It is pleasant to think how we have been remembered by friends whom we thought had forgotten is: to turn over their cards and letters and examine the gifts they have sent. The memories recalled and associations awakened ought to cause us to look forward with pleasure to next Christman rather than eigh with relief that the last is past. The Christmas idea has been exploited, and where we try to fall in with its exaggerated pace we not only miss the Christmas spirit completely, but also collect a bundle of nerves for our

"A great deal is being sald and written about the matter of personal efficiency. Today more than ever before thoughtful people are making a study of how to accomplish their purposes with the least possible amount of effort. Undue excitement is considered a waste of strength. There is a demand for economy in neryous effort. All this is perhaps but a new-fangled way of stating an old-fash-

"Where Christman is celebrated with moderation it will not be followed by complete nervous exhaustion; and where it week is a period of excitement and the is remembered that the blue side of Yulecrisis is postponed until they go back to tide' is but a reactionary sweep of the school. Father waits for January, when nervous pendulum, the Christmas dumps

THE WOMAN'S EXCHANGE

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 price is Mrs. William Booth, of 5721 Hunter avenue, whose letter appeared in yesterday's paper.

TODAY'S INQUIRIES

I. Is there any benefit to be derived from pering the furnace and heat-pipes with as-

can be substituted with good results?

3. How can a sewing machine be quickly when applying hot cloths to the eyes?

ANSWERS TO YESTERDAY'S INQUIRIES

I. A simple way of testing mushrooms to de formine whether they are edible is to stir them while cocking, with a silver spoon; if they are poleonous the silver will turn color.

2. The expression "de luxe" is used to sig-nify that which is most luxurious or the best-

S. When cleaning bronzes washing with a scarr spage and rinaing them in beer will improve their appearance immensely.

Several Tried Recipes

To the Billior of Woman's Page: Dear Madam—Here are some good and cheap water until thick, then put in double boller and stock one hour.

Apple Bauce Cake—Cream, one-half supful of butter and one cup sugar, mix into this one and one-half cupe butter and one cup sugar, mix into this one and one-half cupe butter and one cup sugar, mix into this one and one-half cupe butter and one cup sugar, mix into this one and one-half cupe butter and one cup one said seasonal of support of circon and one teaspoontal of sinsamon and nums; sift in two and one-half cupe of circon and one teaspoontal of sinsamon and nums; sift in two and one-half cupe four and bake in slow over for one hour.

Bread diling—One small loaf of bread silect. two tablespoons each of onery and colone chopped fine, scald bread with one cupful of hot milk, add one cup of mashed poistons, the state of the cupe of the colones, there great peppers, there are repeated by the colones, three great peppers, there are repeated by the colones, three great peppers, there are repeated by the colones, three great peppers, there are to pepper one-half teaspoontal mustard, one cup pepper, one-half teaspoontal mustard, one cup of conversation and let them talk together while you are greating your other guests. When all have arrived have the maid or butter (whichever you employ) announce lunch to you in a low tone; you can then rise and lead the way into the dining room. Always avoid anything ceremonious in entertaining if you wish your friends to enjoy themselves.

of conversation and let them talk together shile you are greating your other guests. When all have arrived have the maid or butler (whichever you employ) announce lunch to you in a low tone; you can then rise and lead the way into the dining room. Always avoid anything ceremonious in entertaining if you wish your friends to enjoy themselves.

Scratches on Mirror

In the Editor of Woman's Pays:

I cannot understand just how scratches could have appeared on the surface of an ilrors merely from a dusty cloth as glass has a very hard surface. If you mean the back of the mirror, it will need resilvering. If the scratches are on the front of the glass itself, I am afraid there is nothing much to be done. Will you not write again. explaining just which part of the mirror you mean?

Some oil lamps can be equipped with halistias. If you take them to a dealer he can advise you.

Recipe for Spice Cake

To the Editor of Woman's Page:

The Modern I tracked herwith a recipe laid and, if she has a veil over her face

tectipe for Spice Case is Milits.) A. B.

The Indispensable Ventilators

the Editor of Women's Paget Sear bladam There is much Imperiance of ventilators.

Just storing all my for presents always

pains.

loned truth, 'Temperance in all things,'

will be correctly diagnosed."

1. Should a man smoke while walking with

Duties of First Bridesmaid

alsia and, if she has a vell over her face going up the sisle, the maid of honor takes it off or throws it back after the ceremony.

before the procession goes down the alsie

The Egotistical Mother

To the Editor of Woman's Page:

3. In what position should the head

place card at luncheon or dinner.

MY MARRIED LIFE

By ADELE GARRISON

"Then You're an Artist!"

He helped himself to a second por ion of the steaming chicken ple which Mrs. Gorman had placed before us. The cysters and the delicious broiled fish which had formed the first two courses of our dinner at the quaint "Shakespeare House" had been removed by her sister a few moments

Dicky had not been so absorbed in his Dicky had not been so absorbed in his meal, however, as to miss any graceful movement of Miss Draper's. The admiring glances which he gave her as she served us with quick, deft motions were not lost upon me. I knew that she was not oblivious of them either, although her manner was perfect in its calm, indifferent cour-

I could not enjoy Mrs. Gorman's excellent cooking. I wished, on, so heartly, that the meal would come to an end. From the moment Dicky had set eyes on this girl in the railroad station five hours before, when we were beginning our little trip to the country, the day's outing had been poiled for me by his evident attraction

toward her. He had said that his sudden interest in her was only that of an artist for a woman ner was only that of an article to work of unusual beauty, whom he hoped to engage as a model. But although I tried to console myself with that viewpoint, the little meeking devil which has always been at my elbow kept whispering another in-

"That's a very convenient way for Dicky to disguise his interest in this woman, to eay he admires her only as a possible

My face must have reflected my thoughts, for Dicky leaned across the beautifully carved old table, upon which our meal vas served, and said in a low tone: "For Heaven's sake, Madge, cheer up. You're about as companionable as one of those oysters out there in the kitchen. What's the matter, anyway?"

A SPECIAL TREAT "There is nothing at all the matter," I returned, as quietly as I could.
"Are you tired? Want to go back to
the city after dinner?" "No, Indeed. On the contrary, I would like to go down to see that harbor of which the caretaker at Putnam Manor

spoke. "Sure-we'll do that. Don't be disappointed. It isn't a harbor in the regular sense of the word, but it's interesting." "I'm sure I shall like it." I said, as Miss Draper came in, and, seeing we had finished our chicken pie, cleared the table in preparation for dessert.

"I'll bet it is something acrumptious," whispered Dicky, as she disappeared. He has a sweet tooth, if ever anybody had one. and anything in the line of dessert interests

When it came it justified his anticipation. Mrs. Gorman bore the tray on which it was served, a cherry rolypoly, covered with steaming sauce.
"You're in luck," she said with a naive pride in her own culinary ability, as she served the pudding. "I don't often make this pudding, and my canned cherries from

last summer are getting scarce. But my sister came home unexpectedly this morning, and this nudding is one of her favorites. So I made it for dinner. I thought perhaps it would cheer her up. Miss Draper, who entered at that mo-nent with the coffee and a bit of English

FTHIS is what I call cating," said Dicky. I cheese that looked particularly appetizing reference to her. Her cheeks flushed and her eyes flashed a warning glance at Mrs.

Corman "I am sure this pudding would cheer mybody up," said Dicky genially, attacking

"It is delicious," I said, and, indeed, it was "I have tasted nothing like this since was a child in the country." Mrs. Gorman beamed at the praise. She evidently was a hospitable soul.
"Would you like the recipe for it?" she

anked. "Indeed she would," Dicky struck in. you can teach Katle to make this," he turned to me, "I'll stand treat to anything you wish."

"What a rash promise." I smiled at Dicky, then turned to Mrs. Gorman. "I should be very glad to have the recipe." I sald to Mrs. Gorman.

"Here." Dicky passed a pencil and the back of an envelope over the table. MRS. GORMAN'S RECIPE

"One pint of flour," Mrs. Gorman dicof baking powder, one-half teaspoonful of sait, sifted together, sweet milk enough to make a very soft dough. Then spread it ou on the moiding board into an oblong shape."
That is the same recipe I have for baking powder biscult, except for the short-

ening," I commented.
"Oh, yes," Mrs. Gorman returned, "it is simply a biscuit dough without shortening. When you have it spread out, flour it slightly, then dot it thickly with stoned cherries, either fresh or canned, pressing them into the dough. Sprinkle slightly with four, roll up the dough so as to make a compact bundle, rub the outside with melted outter, and lay it in a steamer. Steam over

ot water for an hour."
"And the sauce?" I asked.
"That is easily made," she returned, "Put nto a double boller one tablespoonful of butter. When it is partly melted add two tablespoonfuls of flour, Stir until the mix-ture is perfectly smooth, then add two teacups of boiling water, one and one-half cups of sugar, one teaspoonful of lemon Juice, and the Juice of the cherries you have used.

Cook thoroughly and serve hot."

"Thank you so much, Mrs. Gorman," I said as I finished writing.

"You are very welcome, I am sure," she said heartily. "You are strangers here, aren't you? I've never seen you around here before."

"This leave wife's first visit to this vil-

"This is my wife's first visit to this vil-lage," Dicky struck into the conversation. I realized that he welcomed this opportunity of beginning a conversation with Mrs. Gorman and her sister, so that he might lead up to his request for Miss Draper's services as a model.

"I have been in the village frequently,"
went on Dicky. "I used to sketch a good
deal along the brook to the north of the

"Then you are an artist?" we heard Miss Draper's voice for the first time since she had shown us to the room above. Ther her tones had been cool and indifferent Now her exclamation was full of emotion of some sort.

"An artist!" echoed Mrs. Gorman, staring at Dicky as if he were President Wilson.
I wondered what in the world could be the cause of their sudden interest in Dicky (Copyright.)

(CONTINUED TOMORROW)

HOUSEHOLD HELPS

Four Delicious Hot Bread Recipes

about three-quarters of an hour to bake, but from abroad comes the following recipe for a very similar hot biscuit, which can for a very similar not discut, which can be baked in less than half an hour:

Two cupfuls of flour, two cupfuls of milk, two well-beaten eggs, salt to taste.

Beat the eggs thoroughly, then beat in

2. Tar soap is excellent for some heads hair; when should it not be used? gradually the flour, milk and salt. Place buttered earthen cups in a hot stove and let them get very hot. Pour the pop-over batter into the hot cups, only half full, and

2. Crumba are removed from the table beful of salt, three teaspoonfuls of baking powder, one tablespoonful of butter, onehalf cupful of milk

half cupful of milk.

The flour, salt and baking powder are sifted together, then the butter is rubbed in. Add milk and mix thoroughly, using more milk if necessary to make a soft dough. Then place the dough on the hot greased griddle, cover and cook slowly for ten minutes. Remove, turn the dough over and cook on other side ten minutes longer. 3. A watch chain should never be worn with Will Give Luncheon To the Editor of Woman's Page: Dear Madam-I am to give a luncheon to twelve friends next week and would like to have your advice on how I should receive my friends. Should I stand at the deor of the parlor and stake hands with each one as a comes? How should lunch be announced, read once that a butler should throw open the doors and announce "Luncheon is served." Is this necessary? and cook on other side ten minutes longer Do not cut this, but break into pieces. It |

THE breakfast "pop-over" usually takes can be served with butter or in small bowls about three-quarters of an hour to bake. with fruit juice.

A substantial hot break for breakfast is a commeal and rice combination. The rice can be cooked the night before and be used cold boiled in the morning. It is made

as follows: Two cupfuls of cornmeal, one cupful of boiled rice, two cupfuls of milk, three eggs. one tablespoonful of butter, one teaspoonful of sait, two teaspoonfuls of baking powder.

Mix the well-beaten eggs, milk, butter and cornmeal—to which the sait should be Here is a hot breakfast bread which can be cooked on a griddle in twenty minutes and is exceedingly good:

Three cupfuls of flour, one-half teaspoonful of salt, three teaspoonfuls of baking powder should be added. Pour into muffin tins and bake in the salt should be added. Pour into muffin tins and bake in the salt should be added.

muffin tins and bake in a moderate oven. Here is the recipe for Scotch scones the favorite Scotch hot bread: Two cupfuls of flour, one teaspoonful of baking powder, one-quarter teaspoonful of salt, two tablespoonfuls of butter, one egg, one cupful of milk.

Mix the dry ingredients together, then rub in butter. The egg should be beaten up in the milk and then poured into the dry mixture. Mix thoroughly and bake on a hot griddle or in a quick oven. (Copyright.)

Tomato Salad

One can tomatoes, one teaspoon each of sugar and salt, one small onlon, chopped, three whole cloves. Cook together until tomatoes are soft, then add one-half box gelatine dissolved in one-half cup water.

Salad dressing-Beat one egg thoroughly.

Cream Scones

Sift together two level cups of flour, three level teaspoons of baking powder and half level teaspoon of salt. Add ¼ cup of butter and work into the flour thoroughly with the finger tips, or cut in with two knives. Beat two eggs well, add ½ cup of cream, and add slowly to the flour, mixing with a knife to a dough Lightly roll the dough out to about ¼ inch in thickness. dough out to about 1/4 inch in thickness, cut into diamond or triangular shapes, and bake in a hot oven twelve to fifteen min-



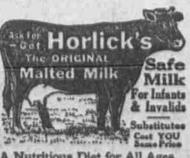
A Nutritious Diet for All Ages. Keep Horlick's Always on Hand



Strain into individual molds. When cold turn out on lettuce leaves. Serve with salad dressing.

Mix dry one-half cup sugar and one tea-spoon each of flour and mustard; add to egg also one cup cream. Scald one-half cup vinegar, add to above mixture and cook until thick.

Dear Madam—I am a girl eighteen years old, light complexioned and have dark hair. I will be first bridesmaid next month for a friend of mines and would like to know what color dress to wear. It is going to be a church wedding and I would like to know if it is proper to wear a hat or just a band on the bead Also what is the duty of the first bridesmaid. M. S.



Quick Lunch; Home or Office.



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TODAY'S FASHION



Smart skating set for the young

ever the arm to make carrying easier. (Courright.)

Dissolve one heaping tablespoonful of gelatin in one-half cupful of water and stir ver the fire until thoroughly dissolved. Add another half cupful of cold water to hot golatin and let it cool a little until you separate the whites of four eggs; beat the whites with a little salt very stiff; then pour the gelatin very slowly into the whites, beating constantly; sprinkle a cupful of mear and add one teaspoonful of almond extract to mixture and beat. Take out a third of the mixture and tint pink. Spread over the bottom of the mold. Sprinkle with pecan nuts and maraschino cherries and put a layer of white and more nuts and Make the last layer pink. Serve whipped cream flavored with va-

In the moth-hour's silver gloom

wrought thereon the red rose of your

-Charles L. O'Donnell.

The Evening Ledger will print, free of charge, notices of recent births sent in through proper channels. Address "Brand-New Bables," Evening Ledger, 606 Chestnut street. Name and address and, when possible, telephone number of sender must accompany each notice so sent.

CHARDIO, Mr. and Mrs. Frank, 2256 Cleveland avenue, a daughter.

HOLMAN, Mr. and Mrs. William K., of Ithan, Pa., a daughter.

JOHNSON, Mr. and Mrs. William C., of Wynnewood road, Overbrook, a son. Mrs.

Johnson was formerly Miss Ethel M. McGARVEY, Mr. and Mrs. Anthony, of 1846

West Passyunk avenue, a daughter.
WILCOX, Mr. and Mrs., of Glen Echo
Farm. Doylestown, Pa., a daughter. Mrs.
Wilcox was formerly Miss Mary V. L. McClain, of this city.



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Marshmallow Cream

The Woof of Life

The Weaver at His loom he quiet pattern of my life would trace. The grayness of the moth He wove into the cloth.

Brand-New Babies



touched

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DO YOU WAVE YOUR HAIR IN THE MOST BECOMING WAY?

HAIRDRESSING is very important at wave, wet it slightly by molecular to comb with water and drawing it the hair. If the Watteau hat, tip-titted over the hair. If the Watteau hat, tip-titted over the nutie and raised high at the back, is to nutie and raised high at the back, is to not a find oan be made of: If the picture hat is to enhance our charms ringlets about the fore-

head and over the ears. Few of the new-est hats will stand the cione arrangement of straight hair that has seen in vogue the last The hair must be

waved, not crimped. They are two entirely different things. Waved LUCREZIA BORI hair that is noft and fluffy makes a most becoming frame for the average face. With older persons this waving of the hair lifts years from their faces. The arrangement of the hair means so much; if by taking the trouble to wave it you can improve your appearance, surely this is compensa-

tion enough. In answer to the question, "Does it injure the hair to curi it?" I say "yes" if it is done with a heated iron, but "no" if it is waved in the proper manner.

I never recommend the use of a heated iron. Many heads of beautiful hair have been ruined by the bearing curier. The intense heat robs the hair of its life and sheen, and it finally breaks off into innumerable short lengths, or falls out at There are any number of patent curiers

in the shops from which you can make a selection that will not do the hair the slightest injury. Avoid the curier which has hinges or sections in which the hair can be caught and broken. Choose a curier made of one piece of material and of a thickness to produce the type of wave you desire. Some hair appears best with a broad wave, while another coffure will be more becoming if the wave is closer. If your hair is inclined to wave naturally, consider it no less than a small crime o curl the hair artificially and spoil the

natural wave.

When you have provided yourself with the right kind of curiers, brush the hair thoroughly, for it should not be brushed more than is necessary to arrange it after being unrolled from the curiers. If your hair does not readily take a

Quince seed 1 tables 1 Rain water 1 in

Bruise the seeds and add them to the water. Boil gently until the quantity reduced to three gills. Then strain, when cold add three tablespoosful cologne. If the hair is naturally ell, to haif teaspoonful of powdered alum may be added to the mixture. Dissolve the she first in the cologne. The hair is stated moistened with the full just before it is really moistened with the full just before it is really rolled upon the curiers.

To wrap the hair about the curiers erly, separate it into small sections thickness of which depends entirely the time of the wave desired. Twist is atrand of hair and, holding the curier ea-to the head, proceed to wrap the first about the curier. Securely fasten the co-of hair so that the strand will not become

Make two or three rows of curiers about your head, according to the thickness of your trenses, as a wave tends to make the hair appear thicker.

And now, before I go further, let be plead with you never to appear are the fore the members of your family and your head bratting with curiers. Hide is unsightly knobs by donning a becomes boudelr cap until you are ready to one

to an hour to curi; much depends upon its texture. Then comb it so that the waves will fall naturally.

It will take your hair from half an hour



Dr. Margaret Ruppert Phila. Pa. LITTUIT SHOP HERE-DRESS SMARTLY-SAVE MONEY THE HITCHIST

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