RECIPES FROM READERS OF THE WOMAN'S PAGE—DAILY BEAUTY AND HOUSEHOLD HINTS

LAUGH; THE WORLD LAUGHS WITH YOU-WEEP; YOU WEEP ALONE

Sage Counsel Which Aids in the Vicissitudes of Everyday Life-Two Classes, After All: Those Who Smile and Those Who Weep

AN ENGLISH Tommie on his way back to the front gave this parting piece of advice to his friends, "Whatever you do, keep laughing." A sage counsel and one that goes a very long way in helping us to win the battles of life. There is an old proverb which runs to the same tune, MA merry heart goes all the way, a sad one tires in a mile o!"

The late Harold Chapin, when writing home, remarked that even when preparing their comrades' graves the soldiers laugh and joke, and he adds, "It is not callousness; but if the men were not constantly fooling they could not hear the strain," If men in such condition call keep the ball of humor a-rolling, can face death or mutilation worse than death with a laugh on their lips, surely we can face the petty anoyances of every day with a smile and a merry word, and if we we love, can find some cause for merry ourselves but our households.

in our own homes, surrounded with those courage and their song.



shoulder strap this fair lady pins a captive butterfly—not a real une-but a gauge one. So much like the real butterfly she is!

do, most assuredly the burdens of life ment, and you will find that impulless is will be very much lighter not only for as infectious as the grip and that these Of course, you may say that there is life all the suppler because of your statle. nothing specially amusing in your life. There are really only two big classes that it is not even exciting or exhibitation of persons, those who weep and those who ing, that anything would be better than smale! If you have ever had to deal with the humdrum monotony of the ordinary one of the westers you know how many Found of home duties, and so on, with they make everythme, both for themprobably a jerimiad of the high cost of selves and the world; how their melanliving, the scarcity of help, the general choic seems to cast a picom like a paid "cussedness" of things thrown in for good over their homes and depress you wind measure. Well, if that is your point of there is really no reason for depression, view there isn't much to say, but you and you can see for yourselves that their know there always is something at which sudness door not help any in making you can laugh if you only look for it. them braver, better or more efficient. If crawling over sand bags, wading Mouning and arouning only weakens, the through morasses of mud and water, strong souls are those who take up their Codging death from bursting bombs, ex- lives with a smile and whistle and sing ploding mines and shot and shell does not , as they go; only the brave know how to prevent the soldiers of Europe from find- laugh in the face of trials and danger. ing some humor in life, surely we at peace and all the world is the better for their

Suggestions for Golden Wedding

Massage for the Face

Thin Arms and Neck

You can do little to improve the appear

Read the Woman's Page of yesterday's Eventho Lebone. In it there appeared an article on the proper care of the feet. This should prove helpful to goe.

To the Editor of Woman's Paper

To the Editor of Woman's Page:

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 gameter like those eiters below are invited. It is understood that the editor does not accessively inderse the sentiments expressed. All communications for this department should be underseed. as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Po.

The winner of today's prize is Miss S. E. Myers, of 43 South Eleventh Street, Reading, Pa.,

TODAY'S INQUIRIES

1. How can oranges be peeled so they will 1. What is the best way to remove porous plasters? be freed of the white pulp?

2. What system of heating provides the best 2. Should any ready be made on receipt of a wedding announcement?

S. The rulks of hard-booked errs are free 3. What is the significance of "at home" cards quently discolored. How can this be prevented? Inclosed with wedding announcements?

ANSWERS TO YESTERDAY'S INQUIRIES 1. To rid a house of rate and mice locate the holes from which ther gain access and smear them with fluid tar after spraying with powdered unslaked lime.

2. Lineleum will last longer and the colors will be preserved if it is wheel with a cloth dipped in warm water and wrong dry, and then wiped with a cloth dipped in skinamed milk once a week. A dose of lineed oil once a manth is also rood.

3. When sending an engraved wedding present

3. Cakes can be made lighter if the eggs in-3. Cakes can be made lighter if the each instead of being mixed directly into the batter are separated, the yells added and the whites beaten to a stiff froth and not added until just before turning the batter into pans.

Cauliflower Salad Recipe

Delicious Clam Chowder

To the Editor of Woman's Page:

Dear Madam—Ruy one pint of large clams, with all the liquor possible. Place a strainer cover a sauteepan and pour the clams and liquor into it. After the impart has passed through the strainer, rice its clams in cold water, place them an a chopping learnt and chop the very fine. Fur them in the stancepan, with the liquor. While cooking a quart of water though and chop the putatoes in a quart of water though are nearly done place the clams upon the stave, then but done place the clams upon the stave, then but the point of rills in a septent of a bolling point o pint of rills in a septent of a bolling point o pint of rills in a septent of a bolling point o pint of rills in a septent of the clams upon the saucepan. When the point are a bolling point o pint of rills in a septent of a bolling point o pint of rills in a septent of the clams upon the clams upon the saucepan. When the point are a bolling point of pint of rills in a sage in the clams upon the clams upon the saucepan. When the point of rills in a septent of the clams upon the clams upon the saucepan. When the point of rills in a septent of the clams upon the clams upon the saucepan of the clams upon the saucepan of the clams upon the saucepan. When the point of main three you an abundance of me indigential food.

Massage for the continue of the clams upon the clams u

Fruit Pudding
To the Editor of Woman's Page:

Dear Madam—inclosed please flod an excellent recipe for a fruit pudding which is as desirious as it sounds: One cup raisins, one cup our rants, one-half cut dates, one half our figs one rup heef suct thopped fine, one cup sour mite or cream, one cus breast crumtes, one cup brown ugar, three-quarters cup melanes, two cups flour, one-sighth issueon still, one issuecon innamen one-half teaspoon ginger, one-half teaspoon basing good discoved in a little hot water, one tenapoon baking powder, two ergs. Steam flux hours, This makes quite a large budding and will know a long time, warming the amount run want cach time. Serve with any favorite states of fruit luice.

(Mrs.) E. C.

Potted Salmon

Potted Salmon

To the Editor of Woman's Pager

Dear Madam—There are so many women situated as I am, doing light housekeeping alone, that I thought the following little discovery might be of use. I like cannot estimate the following little discovery might be of use. I like cannot estimate that it does not appeal to one two meals in succession, so I found that one excellent way of dealing with it is to pet it. Pick the salmon free from skin and boses and mix it in a basin with a cup of fine bread crumbs and a little of the salmon liquit, but one outce of butter and add this with sail and peoper, and bear up very thereughty. Fut is a lar and each to lightly. This makes deficious standwiched, spread on crackers, and keeps indsfinitisty in a cond. dry place.

R. R. W.

A Plain Cook Book Ya the Editor of Waman's Pape:

Dear Madam-Pleass for me know where I am obtain I win recipe cook book? G. E.

I cannot give you the names and addresses of business firms, but if you will go to the book department of any store and state your wants the salesperson, if he recome his heatiness will advise you us to knows his business, will advise you as to the best cook book to buy.

Removing Marks From Wood

For the Eddler of Women's Pope: First Manages—To refere white marks from a policies to the caused by which, rule the spot first an old could religiable with a martine of commence of older all and marries of a security

MY MARRIED LIFE By ADELE GARRISON

MRS UNDERWOOD berself, with out-

M stretched hands, met me at the deer of her apartment.

"I knew it must be you," she said, "so I came myself. How prompt you are! I feel as if I'd like to stake you for being so admirably correct in everything. You know I was never an time in my life."

I never can find anything to say to Idlian Cisle's raillery. Although I disapprove of her sagnearance, her loud voice and much of her stangy talk, yet I always feel dull mind commonphies beside less. "Some right take my room," she rattled on, "and then we'll go into the dining room. We have just findheat the sweets. Won't you have no her? I'll toil Betts."

She made a dawn for the deer, but I caught her by the situ.

Pierga, Mrs. I inherwood, I said, 'mot a their but the coffee. I really couldn't. Oh,

on but the come, I really couldn't. Of

PLET'S FORGET UP When you are as old as I am, my dear, and Dfe has banded you as many knocks as it has me, yet may find out that women rouge and dye their bair in a desperate effort to keep up with a procession where to lose that he is a

2. Towels which are to be given to a prothe initials of the bride's evalden name should

the old people less and be just as enjoyable for all concerned. Why not have your file in the sale of the bettern if a series and over califower with the file come from 5 until 7 o'clock? Locotron of a first part when done we up and sheep hot. Put into the same hot a please of the sale and beyon in a fring part when done to peand of well-drained edge-danked largester outs and fry them in the baron fat, assessed the sale and beyon in a strong read to a sum bot a second of well-drained edge-danked largester outs and fry them in the baron fat, assessed the sale and beyon in a fring part when the same and the past. It is usual separate for all concerned. Why not have your faile and thing read with free from 5 until 7 o'clock? Locotron fat fring part which he is a frail a somehow. She seemed almost sloyl. He of the read is somehow as a first the self-danked largester of the control of the second fat was coming to me. Then he was a first the second of the sum of the second allowers and various and beyon the second of the sum of the second of the second of the sum of the second of the sum of the second of the second of the sum of the second of the seco you an abundance of mexpensive not just really food of this woman

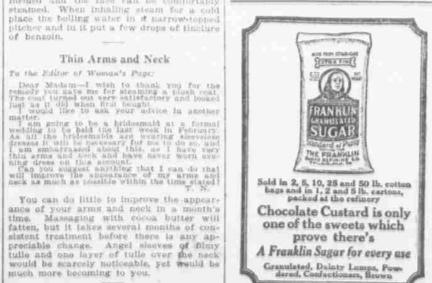
CONTINUED TOMORROW

Chocolate Blanc Mange

To Mrs. John H.—After washing the face in warm water, apply a good cold cream and massage well for fifteen mautes, using

and massage well for fifteen minutes, using a rotary motion and always working up-ward and outward. After the orsam is well worked in which the face off with a soft towel and apply cold water or beste it. It is best to massage when you can have some time to relax afterward to that for a binay woman the evening is the best time.

There are steamers which are sold expectally for the face, but if you do not possess one of these a teakettle will de. Have plenty of water in the lettle and but it boil rapidly; then alt in a chair before the stove and place a towel over the head allowing the other end to rest on the spout of the settle. In this way a small tunnel is formed and the face can be comfortably steamed. When inhaling steam for a cold place the boiling water in a narpow-topnel pitchey and in it put a few drops of fincture.



ASK FOR and GET THE ORIGINAL MALTED MILK

Granulated, Dainty Lumps, Pow-

HOW TO EXERCISE TO BRING BEAUTY TO SALLOW CHEEKS

By LUCREZIA BORT



Try these exercises to bring roses to your cheeks,

Try these exercises to bring roses to your cheeks.

The same but my considered higher high higher hi

The following exercises use now group

mended:
Exercise 1—Stand erect with hands en-hips and breathe decay and slowly. Hold your chin high and gradually rise on the

Across Mrs. Underwood's face rame the sheen sheen of pain that I had seen there hen, during the little evening support hely and I had given. Mrs. Leater had bles. Napkins should have the initials in the corner or in this middle on one selections woman's checkered past life there had seen child of her own. New I was sure it is she had had a slaughter, this woman his seemed the focuration of careless, the thought of the child. Was her little reduced to her child was the living, but dead to her cause of that unhappy past whose story ented always to cling to Lillian Gale?

Mrs. Underwood's face rame the clear which had been not corner, where it will just show off the rounded cogs of the instead of the corner or in the middle on one selection of the corner or in the middle on one selection. Where they will be on ton when the mapking are folded. Tea mapking are the only ones on which a wreath can appropriately be placed. It is quite permisable to place an initial within the wreath or other decorative motif. The mapking carriage deges. Some women may argue that they haven't time to put embroidery on household lines. This is a poor argument, for almost every woman has a few morners during the day when she sits down to chat unharpey past whose story enter a hundred her faces any under pretence of hunting for a hundred her faces are not the corner or in the rounded cogs of the initials in the corner or in the middle on one selection. Where they will be on ton when the mapking are they will be on ton when the mapking in the corner or in the middle on one selection. As she living support that the corner or in the middle on one selection. As she living support the corner or in the middle on one selection. As she living support that the corner or in the middle on one selection to the corner or in the middle on one selection. The support in the corner or in the middle on one selection. The support is the corner or in the middle on one selection to the corner or in the should her the corner or in the should have the initials i

Potato Chowder

Three cupfuls of potatoes cut into dice, one-half cupful of sait pork, diced; one-

bring to the bolling point and serve hot.

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Fartise 4—Sland erset with langues, panded. Place pour elemend hands on your shoulders. First throw one alst out at the side no hard and as far as it can be sent, then the other. Repeat this exercise, throwing the flats frontward. Do this ten times both ways.

Every 5 7—Sir patride a chair, holding

The lotion should be applied to the spots sight and morning with a small bit of linear a glassibent cotton, and left to dry on the dim. After a few days the skin will roughen, when the application must be dis-

HOUSEHOLD HINTS

"Butter Balls" an Artistic Way to

Butter Economy ALTHOUGH the customary way of serving line butter in most households is to have a single brick of it on the table, this is not the most attractive method, and inchioritally it is likely to be rather wasteful. There are usually dibs and dabs of tutterleft on individual plates, because no one
helps himself accurately, and there is likely,
also, to be a little butter remnant left on
the plate. Consequently, these left-over bits
accumulate in the butter crock, because
they are not large enough and rather unattractive for serving at a second ment.

Butter balls are far preferable to serve
for various reasons. In the first place, they
are more attractively placed on the individual bread-and-butter plate; there are,
as a rule, no left-over bits, and if a few
whole balls are left over they can be replaced in the refrigerator "as is" and served
for the next meal.

Butter balls are not difficult to make, and
there are on the market some little devices is not the most attractive method, and in

Butter balls are not difficult to make, and there are on the market some little devices rosting about twenty-five cents which enable the housewife to prepare them very mirkly. For example, there is one scorplike knife which cuts the butter into small "sen-shell" shapes.

When it is possible to keep the butter constraints in seasons.

both ways.

Every'se 5—Six natride a chair, holding the lanck firmly. Then twist the body, first to one aide and then to the other as far as possible without moving on the sent. This exercise will pull the muscles and cords in the abdominal region.

When brown blotches amocar on the skin your physician should be consulted as soon as you notice them.

Experied to mold the paddles a few times, and the salls will be well rounded and have clear-cut crossings.

If you are accustomed to the 'brick butter' on the table, why not get a little practice in the art of making butter balls quickly by using the collected portions of left-over butter from the table for the making of butter balls? It is true this takes a little more time than the ordinary method, but it also adds considerably to the attractiveness of the table—not to speak of the greatest economy when it is done regularly.

Salleylic and

One small onion chopped fine, three ta-blespoons butter, two tablespoons flour, one-half finely chopped green pepper, one cupful stewed and strained tomatoes, one-half

is still in evidence the lotion may be used again.

When the spots are light in color spirits of cumphor may prove all that will be necessary to remove them. This should be applied to the dark flesh several times a day and allowed to dry on. The roughness it creates may be routhed with cold cream or camphor ice.

(Copyright)





THE CHEERFUL CHERUB

wouldn't want my

life too sweet

I'd hate to Feel

as if my soul

Had too much _

minute.

sugar in it.

With not a sorry

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