The enter horn sounded again. Dicky hurright the the door. Lillian snatched a

"I do so hope you won't have much trouble with that head," she said anxiously.

and to bed and cure that headache.

as ever, but it no longer grated upon me.

For the moment I forgot all the other senti-

sward me.

TODAY'S FASHION

ents I had entertained toward her and membered only her genuine kindness

"How kind she La" I murmured as the

"She's the bulliest little scout that ever cathed." Dicky rejoined enthusiastically.

ndeed. I felt there was a trifle too much

chustaent in his voice. But it did not trouble me, for the next inute he slipped his arm around me and

Howed me comfortably against him. "Is the headache vgry bad, sweetheart?"

asked tenderly.
"Yes, but this helps it a lot." I answered,

snuggling against him happily.

I knew I had a trying interview in front of me, but at least I would snatch a few minutes of happiness first.

CONTINUED TOMORROW

## HOULD THE BUSINESS WOMAN BE A SLAVE TO CONVENTION?

One Girl of Independence Entertainingly Sets Forth Her Views in a Letter—A Canadian M. D. on the Subject of Adoption

SHOULD the business woman, no longer in her 'teens, dispense with many of the petty conventions she has been brought up to regard were almost as imrtant morals? This is the problem tained in a letter that came to me

"Won't you forget for a moment that you are, the social arbiter and that as your answers to all questions of etisette and ethics must be ever so cirect, and tell me whether you think I am right in my views? Or perhaps some readers of your page who have found themselves in a similar predicament, will give me the benefit of their

"I am a girl of twenty-seven, although indulgent mirror tells me I look five ears younger. I have belonged to the ever-increasing army of women workers since my twenty-first birthday.

Recently, I have had ten once or twice with a man whom I met several months ago, and the last time he suggested that we dine together some evening and go

"So many personal pronouns may bore you, but they seem necessary to fully explain the situation.

"I was talking over the impending invitation the next day with a colleague of mine and said that I could not make up my mind to go, as I really was not enough interested in the man, yet, like most girls, hated to 'pass up' a perfectly good show; tones, she thought it was rather odd for a physician living in Canada and now a well-bred girl to even entertain such an idea-dining with a man who had never even called at my home.

"Of course, with feminine perversity, I of the thing-really had not occurred to only absolute requirement I believe in is me, for, as I live in the country and am the legacy of good health. I believe firmly so very busy I scarcely ever get home in environment superbalancing heredity. for dinner. I always feel that to set aside an evening merely to receive the prescribed 'call' is a nuisance. That at once puts the thing on the basis of courting, when my feeling for this man far, I would not exchange either Ann or is purely platonic.

"So, do you not agree with me that conventions are made to be sometimes

I think I understand the situation in which you find yourself. The whole question seems to revolve around the attitude taken by the man. There are many men who would understand perfectly your views and accept them at their face value, constituted that they could not, or would not, understand a girl of your type, and happiness, adopt a couple of waifs."

"Vyvettes"



An apple green hat with thin hair stripes of black, and black velvet ribbons coming around in front to meet three little pale tearoses.

although they might admire you, they would not place you in the same cate gory with their sisters, for instance. You understand, I am speaking to you as to one bred to observe the conventions

for so I judge you to be from your letter IN REPLY to the letter published early in the week on the subject of adopting whereupon she declared, in horrified a child comes an interesting letter from

laid down by the so-called leisure class.

visiting in this city: "May I offer my experiences in adopting bables to 'S. H. M.'? I am a doctor. a resident of Canada, although an Amerimmediately decided to accept. That can by birth. During the last ten years phase of the matter—the conventionality I have adopted three little girls. The

> city. I probed their ancestry rather carefully to carry out my experiment. So Jean for any little girl of royal blood.

"At Christmas I took my third-a little war-baby. She has had a rather hard fight against an illness brought on by exposure before I took her.

"But in spite of the doubts and 'I told you so's' of friends and relatives, I'm satisfied. When I come home after a long day in the hospitals I look forward to the hour in the nursery with these

### MY MARRIED LIFE

By ADELE GARRISON

What Helped Madge's Head "a Lot"

DICKY came rushing to the door of Mra.

did not reply. There is one thing certain about the Underwoods, Lillian strikes the dominant note in the family. Her husband blusters and sneers, but I notice that she vaguely how she was going to persuade decides all questions of any importance. vaguely how she was going to persuade decides all questions of any importance, and there appears to be no appeal from showed that as a strategist she was highly

"Why, Madge, dear," he said, solicitously.
"why didn't you tell me you felt one of your headaches coming on? I've ordered a taxt, and we'll go home at once. I'll fire Katie in the morning. No wonder you were upset at finding she had been rummaging through your things."

"Oh, no, Dicky," I protested, then stopped, smiling faintly at Dicky's masculine idea of soothing a headache. Nothing mattered now. I was going home, and Dicky's volce showed that he was his natural, sunny, lovable self again. "Why, Madge, dear," he said, solicitously,

showed that he was his natural, sunny, levable self again.
"That's right," Lillian's voice broke in, cuttingly. "Got her head to going good by promising a nice little domestic ruction in the morning. Trust a man to do a thing

She handed me my hat, helped me into

my coat, waited on me as deftly as a trained maid could have done. Harry Underwood lounged in the back-ground, his hands in his pockets. I glanced up once inadvertently and found him simil-ing sardonically at me. I knew that he did not believe I had a headache, but his

opinion weighed less than a feather now opinion weighed less than a feather now that Dicky was with me.

On one thing I was resolved. Hoadache or no headache, I meant to tell Dicky everything that had happened since he had left me in the morning. He might be anary, I might have to endure another scene, but there should be verthing held be as the country. there should be nothing held back.

HARRY'S "KIND INVITATION" I have always abhorred anything savering of deceit. I felt that I could not endure the least shadow of it in my life with

The honk of a car sounded outside "I guess there's your choo-choo," drawled Harry Underwood, "I say, Dicky, don't lot this headache spoil everything. If the wife gets better, bring her back tonight and we'll all go play a bit somewhere. If she doesn't and gets to sleep the way Lil does after a headache, she won't need you. Come back

And I had thought Dicky inconsiderate sometimeal I caught a glimpse now of a selfishness so colossal that it made Dicky's ccasional thoughtlessness appear as noth

I waited brouthlessly for Dicky's reply, but before he had a chance to speak Lillian

"Cut that out, Harry," she said quietly, "Two of my children are illegitimate bables found in the poorest section of the take care of his wife." Her husband shrugged his shoulders, but

A charmingly simple evening coat

for the young girl. THERE is something mighty fine about a man who is not above quoting nursery

rhymes. He's sure to be a friendly creature. The Editor Man has them all at his tongue's end, and no one could ever be stand-offish after having heard him burst

forth into a jingle. Mother sent him up to the sewing room this afternoon. I was so busy making Cicely's coat that I never noticed him standing in the doorway until

most adaptable being, and while I cut out

sleeves, stitched seams and made a for-odged collar he entertained me by reading bits of verse from a book which he evi-

So offen the housewife feels that if it were only not for the interruptions, her day would be so easy! She begins work after breakfast, determined to clean bedrooms and living rooms, and just about the time she is getting a good swing into work the doorbell rings. The order boy from the grocer's has called. She gives him natructions and trots back to her work.

HOUSEHOLD HINTS

Five minutes later the iceman interrupts, although she doesn't need any ice. Back she goes, a little less cheerful after

The third time the doorbell rings it wakes the baby, who is fretful for ten minutes and must be soothed to sleep again. So it goes ost of the morning-and each day.

"If you had as many interruptions during the day as I have you couldn't finish your business at 6 o'clock either, I'm sure," declares the housewife to the business-man husband very often.

But hasn't the business man any interruptions? If you go into a modern office you will be amazed that with so many changes in work and so many unexpected "I won't phone you, because you might just be dropping to sleep when the call came. But do call me up as soon as you feel betcallers, so many interruptions that cannot be avoided, the business man gets any work done at all!

THE BUSINESS MAN'S METHODS

ter, and do you call me, young man"—she turned to Dicky—"if she should feet really iii, and you should need me. "Thanks awfully, Lil." Dicky snawered He starts dictating his mail, when the elephone rings, and some prospective elephone rings, and some prospective ellent, whom he must handle carefully, pergratefully. "I'll just do that,"
"Dear Mrs. Underwood," I raid, leaning out of the taxt, "I must tell you now..." sists in talking about five or ten minutes, when the matter he discusses could be dis-posed of in a minute. The business man "You must tell me nothing," she said, making me back gently, "Don't worry bout the usual thanks. Just get home starts dictating again. A caller arrives, and e en interview at once or he will have She took her hand from the door, and urred to the chauffeur. to det irt. Then there are the varying num-ber of interruptions from clerks who want "Drive carefully," she said. "Forty-eix East Twenty-ninth street is the number." This indy has a bad headache and must not be joited." instructions or some information. How is it that the business man can handle his in-terruptions, and how can the home maker in likewise? "Vary well, ma'am."
"Good by," called Lillian as we drove away. Her voice was as loud and careless

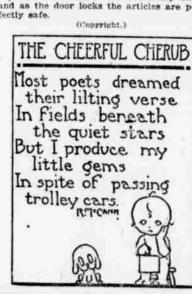
In the first place, in the modern business office there is generally a clerk who receives callers and keeps the time wasters away from the business man's private sanctum. If the home maker has a maid, she, too, any caller and so save herself interrupt ons. If she does her own work, it is part of her ystem to have a definite understanding with tradesmen about when they are to call and at what time. The business man refuses to see the salesman of any manufacturer unless he desires to buy or is inter-ested in the product, and generally he makes an appointment in advance, so that the interview will be at an hour convenient TIME SAVERS FOR HOUSEWIVES

So, too, the housewife can arrange to ave deliveries of goods made to her at the hour of the day which suits her conven-ience best. Indeed, there is now on the market an appliance which makes it un-

necessary for the housewife to be interrupted even when the tradesmen bring their goods. This is an outside door, which is built like a closet, except that it opens on both sides and is divided into four com-partments, with individual doors. The door is placed at the back entry, and

on days when certain deliveries of goods re expected the little doors to the Indi-vidual compartments are left open. Each ompartment is marked-butcher, laundry, When the butcher calls with the delivery he simply places the meats in the compart-ment marked "butcher" and closes the door, which locks automatically as soon as closed, The other tradesmen do likewise Then, any time that the housewife come;

wastairs, she goes to the door, opens the ittle compartment doors on the inside of the house and removes the articles that have been delivered. There are no inter-ruptions from half a dozen delivery boys, and as the door locks the articles are per-



## REST THE VERY BEST AID TO CULTURE OF BEAUTY

By LUCREZIA BORI

the skin is gone they put on a heavier coat-

5

Ing of powder; when the rouge pot. metics, mixed with a little common sense in their use, may be all right for some women, but when "put on with trowel" give one anything but an air of refinement. All the cosmetics in

the world will not im-prove your skin. They LUCREZIA BORI , will temporarily cover the defects, but to bring about a permanent improvement the skin must be cared for properly and the general health improved.

Without a certain amount of attention o conserving energy, wrinkles are bound o appear in the skin, and it will, before a great length of time, became parchment-like in hue and texture. Rost before it is too late. In this busy world we are apt to keep going until we drop in our tracks. Be wise and forget that you have a million and one things to do, and rest.

The strain of a busy day downtown or in the home will be tremendously relieved if you will stop in the midst of things and ile down for ten or twenty minutes. Shutting one's eyes is a wonderful tonic to exhausted nerves. Do not make the mistake of spending the whole of the ten minutes wondering if the time is up. Do not think about anything. Relax the muscles and nerves completely.

A cup of hot milk or cocoa taken just before resting will soothe the nerves. Even a cup of hot water is better than nothing. These hot liquids will tend to draw the blood from the brain to the stomach and are slightly stimulating.

Should you come home from business completely exhausted after a trying day, or overtax your strength trying to accomplish too much housework at one time, try this process of refreshing yourself: Lie down and apply towels wrung from hot water to your forehead and eyes. The simplest way is to have two towels and a basin of ho is to have two towels and a basin of hot water by the couch. Kaep one cloth in the water ready to wring out and replace the one on the head that becomes cool. Apply the cloths for fifteen minutes and you will feel like a "new person." Rinse the face with cold water so that the skin will be refreshed. refreshed.

Then, too, you must remember that the skin needs to be fed with nourishing oils. The use of powder has a tendency to dry up the natural oils of the skin; therefore, the necessary off must be supplied by a lo-tion of cold cream. Every night, Just as sure as you rest your "weary bones," rest your skin, also. It is tired through hav-ing to carry its load of dust and powder. Thoroughly cleanse every pore by gener-ously using a cleansing cream or by scrubbing the face with warm water, castile seap and a complexion brush. After drying the skin, apply an astringent lotion or bathe with cold water to close the pores.

novel desserts.

IT IS to be deplored that so many women depend upon cosmetics for the beauty of their complexions. When they notice that the clear whiteness and smoothness of the clear whiteness are clearly clear than the clear whiteness and smoothness of the clear whiteness are clearly clear than the clear whiteness and smoothness of the clear whiteness are clearly clear than the clear whiteness are clear than the clear th The woman who desires to have a bis rest plus care will bring about more a factory results than any toliet prepar

(Copyright)

Choicest Rice Pudding Cream the yolks of three eggs, we beaten, and one cup of sugar until almowhite. Add the grated rind of one length and one cup of cooked rice; add one ple of milk. Put into buttered baking die in a slow oven; when well swollen add to beaten whites, lemon juice and one-hallowed and the control of the contro cup of sugar.



Arrow-straight from Meridale Farms comes pure. fresh

## MERIDALE BUTTER

No loitering between the creamery and the table. for this "uncommonly good butter" is not shipped in bulk and stored indefinitely, like most butters, but it leaves the creamery only in quantities to meet immediate demand.

Meridale Butter comes to you wrapped in the protecting "Merifoil" wrapper - sweet, pure,

AYER & McKINNEY (Makers of Philadelphia Bell Phone, Market 3741 Keystone Phone, Main 1783 Look for the "Mertfall" wrapper-air-tight, dust- and odor-proof-at your grocers.



#### while on the other hand some men are so three bables I have adopted. "So, 'S. H. M.,' if you really want to find

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 Miss Pearl Kroch, of 155 Seymour avenue, Newark, N. J., whose letter appeared in yesterday's paper.

THE WOMAN'S EXCHANGE

TODAY'S INQUIRIES

what kind of receptacle should mayon-

ANSWERS TO YESTERDAY'S INQUIRIES Woolens may be abrunken by sponging with warm water or by dipplas in lukewarm Never wring them or hang them up to

quats are dwarf oranges about the size ligeon's ear, with a sweet rind and a bit-p. They are grown in abundance in China span and are cultivated in this country.

Delicious Friday Dish Editor of Woman's Page:

Request for Salmon Recipe Editor of Women's Page:

r Madam—We have been reading your
in the Woman's Exchange and are very
interested in them. Perhaps some of
readers have a recipe for cooked fresh
and also a sauce for the same. Hoping
it to print soon, I remain. E. H. G.

Beefsteak With Oysters Editor of Woman's Page:

Drying Baby's Garments

1. When should the dressing be poured on a 1. In making a business call on a man, should a woman send in her personal card? 2. On what occasion is it necessary for

3. What foods are highly recommended for

2. A few drops of warm sweet oil in 3. Sugar of lead in hair dyes is a dangero

Which Will He Take?

Which Will De lake:

To the Editor of Woman's Page:

Deer Madam—I read your page daily and would like to ask you for a little advice. About two morths ago I proposed to a girl, and her parents want us to wait two more years for our wedding, but we are not engaged. She is twenty years old and I am twenty-four. Would you advise me to wait that long, as there is another afri who has proposed to me? I don't know what to do, as I love one as much as the other. I will appreciate your advice very much.

ROMEO.

Curlylocks, Curlylocks, will you be mine? You shall not wesh dishes nor yet feed the swine. But sit on a cushion and sew a fine seam, And feed upon strawberries, sumar and cream. Of course, after that, I invited him to sit down and we had a real "clubby" time while I stitched away. I apologized for my As you say you care for both girls in question, it would be well to make no per-manent engagement at present. A young man of twenty-four who cannot make up industry by explaining that if 1 "loafed on my job" for a single minute Cicely would have to wear her old coat to the his mind which girl he loves better is evi-dently not in love at all. The parents of the first young woman are sensible people. The Editor Man proved himself to be a

Protests Removal of Statues To the Editor of Woman's Page:

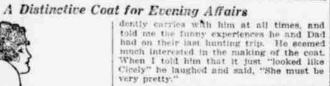
To the Editor of Woman's Page:

Dear Madam—Is there no voice raised to protest against the talked of plan of moving the statues from the City Hall plans and placing them on the Parkway' I for one do vigorously and indignantly protest against it. For every one who would be able to view those beautiful works of art placed at a distance from each other along the Parkway there are 1000 who can see them as they pass the City Hall on their way to and from onir daily duties or upon an occasional errand. But to come down from the abstract to the contrete. I, not having a limousine or a carriage and pair, could not see them once in a year or two, whereas how I can isave the Chestnut or Market street car at Broad effect and can soon rest my gaze on Saint Gaudens's sturdy Puritan; taking a few steps further and turning a corner, I come into

Eruptions on Face

Editor of Woman's Page: Dear Madam—Will you please tell me what is good for my face? I have had five boils. Will some kind of face cream or a sean do any good, or do you think it is my blood? I had a good complexion before this. UNHAPPY GIRL.

You should see a physician. The trouble must be with your blood.



Cicely's aunt gave her enough turquoise blue chiffon velvet for a coat. I had her send it on to me, promising, with Mrs. Mathon's help, to make the coat.

Mrs. Mathon could give me only one day, but managed to get the coat well under way so that I would have no trouble in this hing it. Cicely's aunt gave her enough turquois

I told her to make the coat as youthful I told her to make the coat as youthful as pessible, since Cleeby looks hideous in grown-up clothes. She cut a yoke very short-waisted in front and a trifle longer at the back. As there was plenty of velvet, she made the skirt very wide, goring the sections slightly at the top, so that there would not be a bunchy fullness where it is joined to the bodice portion.

I gathered the top of the skirt and Mrs.

I gathered the top of the skirt and Mrs. Mathon stitched it to the bodice. Gleely had sent pursy willow taffeta for the lining in a pompadour design. It has a pale cream-unlored background with bouquets of pink roses scattered over it. Mrs. Mathon cut out the lining and stitched the sections together so that it was ready for me to saw in place the next day. for me to sew in place the next day.

I made the full bishop sleeves, gathering them about the wrists to form frills that

them about the wrists to form trills that fall over the hands. I used narrow strips of volvet for the wristbands. Mrs. Mathon made a deep collar of the velvet, finished it with a hand of taupeplered fex, which I happened to have, and

stituted it to the neckline.

The following day I sewed the siesves into the armholes and adjusted it about the hem when the Editor Man appeared upon the scene. There was fully two hours' work on the coat, but he patiently waited for me to finish. Then he helped me pack se cont rendy to be sent to the express

When it was on its way we went for a long walk, just reaching home in time to dress for dinner. I was serry—when Dad took him off to be College Club banquet—that he wasn't oming to the Hilliard's dance with me natead of Teddy Marshall.





# Boys, Here's the Way to Make Muscle

More muscle - more muscle than Skinny, Fat, or anyone in the gang-do you want more muscle?

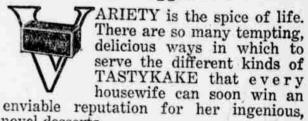
If you do - then you should do what the football men and the men in the big leagues do-ent the right thing for breakfast -eat Cream of Barley.

It's good for muscle, and it's good to eat. For tomorrow's breakfast have Mother get from the Grocer



the many foreign artists who make grand opera records selling for 75c, \$1 and \$1.25.

# Tasty Suggestions



"The Cake That Made 10c Mother Stop Baking'

10c Sponge Raisin Molasses

# Heppe Victrola Service

C. J. Heppe & Son-1117-1119 Chestnut Street-6th and Thompson Streets

At HEPPE'S you can secure many operatic records for 75c, \$1 and \$1.25

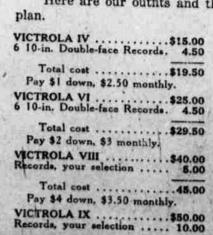
We have the only large stock in Philadelphia of the so-called "foreign-made" grand opera records, which are made abroad by foreign artists whose talent in many respects is as wonderful (although not as famous) as that of the Victor Red Seal artists. This stock of foreign records is only one of the many features exclusive to



CIGADA - one of

# HEPPE VICTROLA SERVICE

In purchasing Victrolas our service offers outfits from \$15 up. Settlement may be made either in cash, or charge account, or our rental-payment plan, by which all rent applies to purchase. Here are our outfits and the terms of our rental-payment



Total cost ..........\$85.00 Pay \$5 down, \$5 monthly. VICTROLA XI ......\$100.00 Records, your selection .... 10.00 Total cost ......\$110.00 Pay \$8 down, \$6 monthly. VICTROLA XIV ..... \$150.00 Records, your selection ... 10.00

Total cost ......\$160.00 Pay \$10 down, \$8 monthly. VICTROLA XVI .....\$200.00 Records, your selection .... 10.00

Total cost .......\$210.00 Pay \$10 down, \$10 monthly.