CONTROL OF ONE'S TEMPER A GREAT AID TO FEMALE BEAUTY-NEW STYLES IN MILLINER

THE INTEMPERATE GIRL NOT SO RARE AS YOU MIGHT THINK

She Who Flies Off the Handle With the Slightest **Provocation a Menace to Herself** as Well as to Others

AGIRL I know has become a shadow of her former self through intemperance. And this in spite of the fact that the is a "white ribboner." Any alcoholic drink is taboo with her; she would shudder at the very idea of staining her dainty lips with a cigarette, yet, for all that, she is extremely intemperate.

At the slightest excuse-or indeed with out one-she will fly into a rage, and in her tantrums uses up so much nerve force that she is a wreck afterward. And years of this sort of indulgence have not been without their effect on her health.

From her infancy she was allowed to have her own way in everything because she was delicate and if crossed her "nose bled." So her brothers and sisters were made to give in to her always to avoid the inevitable scena

So what wonder if, as she grew older she had absolutely no control over herself and time only increased her ungovernable temper?

Evidence goes to show that the effect of any emotion, apart from the actual exhaustion of potential energy, is injurious unless there is some outlet.

So that day by day rage causes constant overstimulation of the heart and plexion. blood vessels, with continuous interruption of the digostive processes, hence this "nerves."



The brim of this hat makes as if to be short and brief-in the front-and then surprises by fanning out broadly at the back! A black vel-vet hat is this, faced with soft shell pink. Lovely for afternoon teas.

Yet she fails to understand, or, if she does, she has for so many years let her motions run away with her that she is helpless.

There are many, many other cases of intemperance. In a lesser degree, the girl who gorges on sweets, for instance. to the detriment of her stomach and com-

But given the proper training in child hood and most of these habits or vices, girl's poorly nourished body, her dis | whichever they may be called, can be traught appearance. She is always under overcome. The main thing is to teach a doctor's care, always dieting and taking | the child self-control, which is one of the medicine, always having attacks of most important things in developing character.

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 continents 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 Mary Lloyd, of 3425 Walnut street, whose letter appeared in yesterday's paper. TODAY'S INQUIRIES

When fudge is allowed to cook too long becomes sugary as a result, can anything one to make it creamler? 1. Why should white silk garments not be laid away wrapped in white tissue paper?

 When a sirl receives an invitation to a dance may she, if she has another girl visiting her at the time, ask the hostess for an invita-Scrambled eggs are sometimes watery, t is the cause of this? tion for her guest? 3. Is it proper for a girl who is in mourning

5. What make of carpet possesses the great-est wearing qualities and is most easily kept clean among the less expensive weaves? to act us bridesmald?

ANSWERS TO YESTERDAY'S INQUIRIES 1. Dressing should never be poured on a salad until just before it is served. 1. In making a business call on a man it is

poor taste for a woman to send in her persona card to him. 2. Mayonnaise should be mixed in a porcelain. marthenware or glass dish; never in metal.

2. When a woman is acting as hostess she should always extend her hand when a man is introduced to her. 3. Sausage should be placed in a pan on the stove and half covered with water, which is then allowed to evaporate, after which the fry-

3. For those who are desirous of gaining weight, raw eggs and milk, cream, rice, cereals, alive oil and grape juice, butter and starchy exctables should be eaten.

Games for Washington's Birthday To the Editor of Woman's Page:

To the Editor of Woman's Page: Dear Madam-I am herewith sending you three favorite recipes that were requested by readers of the Woman's Exchange in Tuesday's To the Editor of Woman's Page: Dear Madam-I am to give a surprise birth-dy Dariy for a girl. It happens to fall on Washington's Birthday. There will be eight girls and eight boys, all about sixteen years of age. I am writing to you to ask if you will suggest a few games for us to play. As it will not be at all formal, would it be appropriate to wear a silk shirtwaist and a satin or to "esta skirt? S. M. Cocoanut Jumbles-Two cups sugar, one-half up butter, one-half cup land, beaten well to-sther: add one-half cup land, beaten well to-sther: add one-half cup flour, one-half teaspoon alt and the well-beaten yolks of three segis, one ablespoon vanilla and flour ensuch to roll out d one-half cup grated occoanus and the stiff r beaten whites of the segs. Roll out one-quar-r inch thick and bake in a moderate oven. Whole when thread-diff. Los ther two quarts

the matter." "I can't believe she meant to steal my A blindfold game called "Salute Your ia valliere." I said, putting up a protecting hand to the ornament as it lay against my The thick and bake in a moderate oven. Whole Wheat Hour, six tablespoons augar, two tesspoons aalt. Mix with enough warm water to make a builter as still as can be stirred. Dis-solve one-half cake of yeast in four tablespoons water, add this to the batter and beat for tablespoons minutes. Let rise overnight, in the morthing beat again. Put in group date the base of the morthing beat again. Put in group date the base of the morthing beat again. Put in group date the base of the morthing beat again. Put in group date the base of the base of the morthing beat again. Put in group date the base of the morthing beat again. Put in group date the base of the base o

FRIDAY'S FASHION SUGGESTIONS



Here are the very newest accessories of evening dress. Above, at the left, is a bandeau of brilliants with paradise trimming, and below a silk opera bag elaborately embroidered with beads. The large sketch shows the effect of a scarf of tulle with tasseled ends in combination with a Spanish comb, the top of which is incrusted with rhinestones. The peacock fan has an amber handle, and the two-pronged pin at the right, top, is inset with brilliants. The black silk stockings are embroidered in silver, while the Colonial slippers are of the finest silver-brocaded satin.

with rhinestones or colored brilliants, and worn at the side of the confirmed broken to be worn at the side of the confirme. As essential to the evening costume as the confirme ornament is the opera bag of chiffon velvet or silk elaborately beaded or

The handsomest bags are beaded in signs that repeat the colorful beauty of old tapestries. Others are Chinese in char-acter with richly embroidered medalilons and rare metallic broaded silks. Cinderella's lost slipper could not have

been more beautiful than the pair of buckle-trimmed colonial dippers designed for evening wear. They are of sliver brocaded satin with square buckles of rhine-

Most elaborate silk hosiery are worn with such slippers. They are spun of white silk, and are richly trimmed with silver em-

The

that I hated to move or speak.

advertising.

watering for.

This is not for the Fain Beach trade-that is practically over, the buyer de-clares. Besides, it forms such a small proportion of the gross trade that it is scarcely taken into account. Everyday hats for the average everyday buyer are by far the most indicative of the modes, eave be charming scarf pictured here is of flesh-colored silk tulle edged with a border of brilliants. The ends are finished with large, brilliant tassels. вцув

Every feminine heart is glad that the Every feminine heart is glad that the fan has again become an important feature of the evening costume. This fascinating embien of coquetry appears in a large variety of forms. The loveliest of these aro the large fans of uncurled ostrich feathers, peacock feathers or eagle's quills with sticks of sandalwood, amber, tortoise shell or forms.

One of the most picturesque of all fans, however, is that of peacock feathers mounted on a handle of amber. It is also provided with a ring to be slipped over the arm when the fan is not in use. There is a world of possibilities in the etceteras of evening attire. The wisdom of your choice will make or mar the costume

"Your hands are like ice." he said, "while your face looks as if it were burn-ing. You are not going to tell me anything now, my sweetheart."

Serge Crepe de Cygne New Spring Shades "Now for these mysterious fastenings."

"But Dicky," I faltered, "I must tell-"Tomorrow," he said, firmly, "or even tonight, if you wake up all right, but not now. I'm going to insist this time that you obey me, even if you wouldn't have it in the marriage ceremony. Now if you don't want me to tear that pretty gown getting it off with my awkward hands, you'd bet-ter undress and get into bed right away."

"All right, Dicky," I said meekly, As I crept into bed, after having assured Dicky that there was nothing to do for my head but to let me sleep. I felt like a pris-mer who has had an unexpected reprieve

But the shadow did not linger. He leaned nearer to me and took my hands in his. CONTINUED TOMORROW Childs' Pork and Beans, THOSE

CHIN-CHIN HAS COMPLETELY CAPTURED MILLINERY DESIGNED

All Hats, Whether Tailored or Dress, Show the Decided fluence of the Oriental-Every Girl Possesses a Regular One and a Sports If She Be in the Mode

IF YOU are in the habit of using the expression "a Chinese nickel, with a hole in it" to express complete nothingness, you do not know the importance of these particular coins at the present time. Coin collectors and sellers may be interested to sports hat and her regular hats. Simple lines and gay coloring collectors and sellers may be interested to know that the hunt for Chinese money of all varieties has spread from New York to the oriental haunts of far-off California. Coins of all descriptions are being used; in fact, anything the har has being used; in Coins of all descriptions are being under fact, anything that has the necessary Chi-nesy atmosphere about it is being madly sought after by the large ornament manu-facturers. For Chinese coins, pompons, embroideries and all kinds of oriental deco-rations are wanted for the new spring hate!

ing any more."

he

SAMPLE GARMENT SHOP

New Spring Dresses

\$16.75

\$22.75

Take Elevato

15c

Adapted for

Present Wear

Crepe Meteor Taffetas

Londres

sports hat and her regular hats, Simple lines and gay colorings a acterize the charm of the sports hat stands all kinds of wear and gives service. Figured silks and pongees futuristic and fascinating. To-San which promises to outclass all other popularity of suits, blouses and hats season, is fashioned into stunning sall small turned-up-on-one-side tennis and hats and more elaborate affairs for summer wear. summer wear. If the dyo situation is as acute as the millinery does not show it. Not are there plenty of stunning colora, there are as many as three or four an of each color. A variety of greens, pyellows and browns is seen everyment but blues are not so numerous, at a navy is conspicuously absent in many stances. hats! Sports hats, saucy toques for street wear and sophisticated affairs for tea-time boast a Chinese coin ornament on them. Some-times a coin is used as a basis for the design, with several carved jade balls hang-ing down. Coins form odd cirglets to the down a knot of bright-colored ribbon or straw; they dangle from the end of short bows like tassels, and lend a touch of bril-liant color to an otherwise uninteresting hat. stances.

Hat shapes are normal. There is ing eccentric; tricornes, flowerpots, to of all descriptions and severe ta models prevail. "The firm that sold us these ornaments "The firm that sold us these ornaments sent away to San Francisco for the coins you see here," declared one buyer. "They scoured Chinatown in New York and most of the Eastern cities where the celestials live, and bought up every coin they could get their hands on. Now the demand for them is so great that the ornaments have a double value, for we know when we use these up there will be no chance of order-ing any more."

wear.



\$250

100

309

\$300

FOR THE STOUT FIGURE

This importance of the details of a toilette can never be overestimated by women who are well dressed. This season women who are well dressed. This season the accessories of the evening costume are more lovely than ever, and play an important role in the great scheme of fashion. Since the colffure ornament crowns the costume, it should be given very careful consideration. The newest bandeaux are of brilliants or colored semiprecious stones ornamented with sprays of paradise plumage, aigrettes or ostrich feathers. There are combs of Spanish origin, inset

By ADELE GARRISON

Why Dicky Said, "Tomorrow"

broidery. A happy variation of the usual scarf of lace or silk are the dainty, cloud-like con-fections of tulle, chiffon or metal tissue

MY MARRIED LIFE

He loosened my shoes, took them off and raised me to my feet.

he said, unbuckling the big ornament which fastened my cloak. Georgette

Crepe Crepe Meteor Gros de Peau de Soie

Handsomely Embroidered **Balance** of Winter Coats and Suits at very decided reduc-

1120 Chestnut Street from execution. THIRD FLOOR hannen Best Owne Land, 17c lb. There is a Time for All Things, but All Time is the Time for Groceries LARGE CANS

It seemed so cozy and comfortable to be sitting this way with Dicky a devoted lover once more, instead of a consorious husband,

But I knew that I must tell Dicke what had happened since we parted. "Dicky"-I put my hand on his arm. "I don't want to go to bed yet. I'll take off my things and get into my kimono and slippers, but there are some things I must tell you about today before I can rest." My husband looked up startled. A shadow crossed his face. I knew that the jealousy which I had discovered always lay close to the surface with Dicky was rising

close to the surface with Dicky was rising. How I dreaded this interview. It did not seem to me that my aching head and my throbbing nerves could so through with it. But the shades did see through with it.

The Margaretta May or ivory.

(Copyright.)

ing begins. This will cook it through and make is more digestible than if merely fried.

Three Wished-for Recipes

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

DOROTHY W.

"Black Joe" Cake

"Black Joe" Cake To the Editor of Woman's Page. To the Editor of Woman's Page. The Madam-1 am a reader of your particular the the second readers of the second readers of the second readers will be and when the the the the second readers of the second readers of the second readers will be the the second readers of the second

I would be very glad to have your recipe for potple. Any way of saving on the meat bill is worth trying.

A Griddle Secret

A Griddle Secret To the Editor of Woman's Page: The Secret of Woman's Page: The Secret of Woman's Page: The Secret of Woman's Page The Secret of Secret of Secret of Secret private with a piece of sandpaper. It removed at the old grease that even washing could not set off. Each time after using I now take off provide with a piece of secret off. The sandpaper, this takes but a minute, which the sandpaper, this takes but a minute, which the sandpaper, the second secret of secret of the second secret off. This takes but a minute, which the second second page with the preserving settle or mans. A. L.

Recipe for Scotch Scones

Recipe for Scotch Scones To the Editor of Waynaw's Page. These Madam-Cah you sive me a recipe for the scone you manifold recently ANNA. T think this is the one you want: Sift a soft dough with a pinch of sail, mix to a soft dough with a pinch of sail, mix to a soft dough with a been dissolved one-half foured board to half an inch in thickness. Cut in large rounds with a pot lid, then the sach round in quarters, like slices of the soft board to be at a but tered griddle, the sach round in guarters, like slices of even the sach round in guarters, like slices of even the sach round in guarters, like slices of even the sach round in guarters, like slices of even the before serving and eat while hot.

had Pork and Lima Beans

minutes. Let rise overheads can be added a look of the server of this added of the balance of the sector the secto

Ellustrated rhymes are funny. Have a number of jingles prepared before your guests arrive, Fold these little verses in two and have them passed around. Each guest is provided with paper and pencil and is requested to illustrate what he has read on his verse. When each drawing is com-plete the remainder of the audience guesses

what the pictures mean, for the artist is told not to reveal his rhyme to any one. A one-piece frock of silk or volle would probably be in better taste than a walst and skirt, but it would not be incorrect to dress as you suggest. As it will be informal, you would not want to wear a party frock.

A Street Flirtation

To the Editor of Woman's Page:

To the Editor of Woman's Page: Dear Madam-I read your advice every eve-ning and find it very interesting. Won't you please help me? I met a failow by firiation about three weeks ago and have been with him once to the theatre. I was to see him the next day, but it snowed, so when I met him he said her was going home-that the weather was too day, but it snowed, so when I met him he said he wuts solute house—that the weather was too had to go walking. Me lives only four squares away, but I have never seen him since, although my girl friends have. Flease let me know what I should easy for I now mist him, which I hope will design for I now mist him, which I done will be know. BROWN-EYED. AGEL

It is very foolish for girls to allow men to "pick them up" in this way. If you do not want the young man to know you are interested in him you are certainly taking the wrong way by meeting him on the street. This is an extremely unwise thing for any young girl to do. When you next see him be perfectly natural and greet him in a friendly fashion, but maintain some degree of dignity.

Marrying Distant Cousin

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Notice Inserted in Paper dater of Wessan's Paper Madage—Can per tail me 12 ft to Show a Motion in the senatory to Show a Motion in the senatory

throat. "Mrs. Underwood says that, mon-key-like, Katie was probably secretly ad-miring it, perhaps even trying it on, and was interrupted. That would account for the way it was jammed back into the box." Dicky laughed in an irritating, superior sort of way. "Lil wouldn't convict a yellow dog upon

the evidence of twenty witnesses." he said, "That's one of her weaknesses. I don't know who does commit the crimes, according to her reasoning, for there's n murderer yet that she believes to be guilty. Nay, nay, my dear, you'll have to bring a better judge than Lil for Katie."

WE HAD barely reached our apartment after departing from Lillian Gale's on

account of my headache when a knock sounded on the kitchen door. "Oh Dicky, do you suppose that is Katle?"

"I'll see," returned Dicky, "Don't worry,

dear, I'll not say anything to her tonight while your head aches so badly. Tomorrow we'll question her and get at the root of

said excitedly.

The knock sounded again. "Open the door, anyway." I suggested, following Dicky into the kitchen. But it was the janitor, Callahan, who stood in the doorway.

WORD FROM KATIE

"Ah, good afternoon, ma'am," he said, taking off his cap. "Good afternoon, Mr. Callahan," I re-turned, while Dicky looked mildly amused. "I just thought I'd step up and tell you. ma'am." he began, "that the young woman came and wanted to get in." "Katie !" I ejaculated.

"Katie!" I ejaculated. "I don't know what her name is," re-turned Callahan, "but she said she was your maid. "She made quite a fuss, ma'am, when I told her you said she didn't need to come back tonight. She said you didn't underback tonight. She said you didn't under-stand she had some work to do, and she must get back into the apartment. She was quite angry, ma'am, and at last threatened to report me to you." "I don't think that need to trouble you. Callahan." said Dicky smiling. "Thank you very much for coming up. Have a drink on me." Dicky put a quarter into the

drink on me." Dicky put a quarter into the

janitor's hand. "Thank you, sir. I don't drink, but I thank you just the same."

thank you just the same." Dicky stood looking quizzically after the janitor as he walked slowly away. "He'll probably put it out at compound interest." he said at last, closing the door.

interest." he said at last, closing the door. "Now," coming toward me masterfully, "you're going to bed. I'll help you get off your things. Then tell me what I can get for your head." He picked me up as if I were a child, and, carrying me into the living room, de-posited me in the big armchair, which he wheeled in front of the gas grate. Then he lighted the gas, and, coming back of my chair, tried to take off my hat. His unac-customed fingers could not find the pins, however, and I put up my own hands and loosened the hat. He took it and placed it on the table, then sat down on the low on the table, then sat down on the low stool at my feet. "Now for the shoes," he said, beginning

to unbutton my boots.





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Unusually fine fish; big, fat and- well, just the kind your mouth is

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