

RIVING AWAY THE GLOOMS—THE WOMAN IN THE HOME—AN INTERESTING STORY

YOU WOULD BE UNPOPULAR CULTIVATE A CHRONIC GROUCH

The Woman Who Is Always a Gloom Soon Loses Friends—Cruelty of Always Inflicting a Stony Stare on Lonely Strangers

THE little darky elevator boy who, although he was suffering like most of us from a cold, with it all "jes" tried to look happy, possessed a philosophy more sound than many of the rest of us.

THE foregoing reflections were probably brought on by this letter from a stranger within our gates who has been chilled by the attitude of the average Philadelphian. That the uncompromising attitude toward one "one doesn't know" causes many heartaches we often fail to realize.

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.

- 1. What can be substituted for pastry flour?
2. Should corned beef, ham, etc., be allowed to cool in or out of the liquor in which they are boiled?
3. If petroleum catches fire what is the quickest way to extinguish the flames?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. A cloth should be wrapped tightly around a frozen water pipe before pouring hot water over it to thaw it out.
2. Cane-stained chairs should be cleaned with a solution of oxalic acid to restore their color.
3. Try boiling water and alum to remove water stains from the faces of a book, soaking the pages well and drying between clean blotting paper.

Economical Menu for Dinner

To the Editor of the Woman's Page: Dear Madam—How much would a dinner of this sort, served to three persons, cost, and what would be the best for portion?
Roast Lamb Tomato Soup Brown Gravy
Mashed White Potatoes Creamed Turnips
Fruit Cup Coffee Cake

Butter Cakes

To the Editor of the Woman's Page: Dear Madam—In several restaurants in the central part of the city they serve what are called butter cakes. These are baked on a griddle in the window while you wait and served with butter and maple syrup. Are these the "Scottish scones" you gave recipes for a few days ago?
No; the scones are somewhat larger and slightly sweeter and are baked in the oven.

Pure Food Department

To the Editor of the Woman's Page: Dear Madam—One quart of milk is equal in value to six pounds of spinach, eight eggs, two pounds of lettuce, two pounds of cabbage, one pound of carrots, two pounds of cauliflower, one pound of turnips, one pound of onions, one pound of celery, one pound of parsley, one pound of dill, one pound of basil, one pound of oregano, one pound of thyme, one pound of marjoram, one pound of sage, one pound of rosemary, one pound of tarragon, one pound of chervil, one pound of fennel, one pound of anise, one pound of dillweed, one pound of lovage, one pound of hyssop, one pound of borage, one pound of basil, one pound of oregano, one pound of thyme, one pound of marjoram, one pound of sage, one pound of rosemary, one pound of tarragon, one pound of chervil, one pound of fennel, one pound of anise, one pound of dillweed, one pound of lovage, one pound of hyssop, one pound of borage.

Food Value of Milk

To the Editor of the Woman's Page: Dear Madam—One quart of milk is equal in value to six pounds of spinach, eight eggs, two pounds of lettuce, two pounds of cabbage, one pound of carrots, two pounds of cauliflower, one pound of turnips, one pound of onions, one pound of celery, one pound of parsley, one pound of dill, one pound of basil, one pound of oregano, one pound of thyme, one pound of marjoram, one pound of sage, one pound of rosemary, one pound of tarragon, one pound of chervil, one pound of fennel, one pound of anise, one pound of dillweed, one pound of lovage, one pound of hyssop, one pound of borage.

To Avoid Missing Stockings

To the Editor of the Woman's Page: Dear Madam—I have a pair of stockings and I am sure that you will find them very interesting. I have a pair of stockings and I am sure that you will find them very interesting. I have a pair of stockings and I am sure that you will find them very interesting.

MY MARRIED LIFE

By ADELE GARRISON

Jack's Farewell Note

I STOOD motionless for several minutes with the special delivery letter from Jack in my hand. I dreaded incessantly some calamity.
Only something of the utmost importance, I knew, could have induced my brother-in-law to write to me. He was too careful of his welfare to write Dick's unending jealousy by a letter, unless there was desperate need for it.

"Dear Cousin Margaret," it began. I thought involuntarily of the last letter Jack had sent me, the one announcing his return from the wilds of South America, and asking me to dine with him and celebrate his return after a year's absence.
That letter opened with the line, "Dear Little Girl," and closed with, "Always yours, Jack."

But when he had written the first letter he had not known that I had married the girl who had written the letter to me—that he loved me and wished me to be his wife.
I did not like to remember the look on his face when, after he had told me, I had made my belated confession—that I was married.

"If ANYTHING SHOULD HAPPEN"—I thought I would write to you tomorrow morning on the subject of your home before then. So this is goodbye. When I come back, if I come back, I want to meet your husband and see you in your home.
And now I must speak of a little matter of which you are ignorant now, but of which you must be told before I go. Before your mother died I had made my will, leaving her everything I possessed, for you and she were all the family I had ever known.

When Jack had left me after that miserable reunion dinner, when he had been hurt during his year's absence, he had said, ah, how well I remembered the words, "I shall not see you again, dear girl, unless you need me. If you ever need me, call on me, without loving you and hating your husband."

HOW TO RID YOURSELF OF ONE BANE OF BEAUTY—BLACKHEADS

By LUCREZIA BORI

A NUMBER of letters written by school-girls from all sections of America requesting an effective treatment for blackheads and pimples prompts the writing of this article.
The cause of the so-called "blackheads" is the clogging of the pores with dust and grease, which hardens and clogs the pores, and the face with tiny black specks. The first step in getting rid of these blackheads is to cleanse the face with soap and water.
Another excellent treatment begins by washing the face with liquid green soap and a complexion brush. The skin is then rinsed with cold water and a paste made of flowers of sulphur and camphor spirits applied.

- 1. Soap liniment . . . . . 1 ounce
2. Glycerin . . . . . 1 ounce
3. Borax . . . . . 1 ounce
4. Potash soap . . . . . 1 ounce
5. Mithrochloride . . . . . 1 ounce
6. Glycerin . . . . . 1 ounce
7. Camphor . . . . . 1 ounce
8. Powdered borax . . . . . 1 ounce
9. Potash soap . . . . . 1 ounce

THE CHEERFUL CHERUB. I like to watch our great big clock With time in either hand. Just toss the little minutes off So unconcerned and grand. THE KING Water Meter and Waste Saver Money

WELL-DRESSED GIRL'S DIARY



A "stunning" afternoon frock.

WHEN Mrs. Mathon comes to our spring sewing I always think of Wendy's visit to Peter Pan for spring housecleaning. Mother decided to have her earlier this year on account of our trip to Cuba.

We shopped for a whole week buying nothing but materials and trimmings. I never saw so many lovely silks and light-weight worsteds. The fabrics are lovely and are to be had in the prettiest flower or Persian designs. I bought two dress patterns, one with a cream-colored background and pink roses and another of a blue background with a white floral design.

I left the designing of the frock entirely to Mrs. Mathon, and it is a wonder! The upper half of the bodice and the sleeves are of georgette crepe, while a band of taffeta richly ornamented with oriental embroidery in soft tones of blue, green, red and black encircles the bodice above the waistline. The rounded neckline has a draped collar of the transparent material.

I particularly like the girle of blue velvet, which is drawn loosely about the waist and tied at the side with several loops and ends in a most artistic manner. Mrs. Mathon seemed to think the skirt too plain, so she made a peplum of georgette bordered with taffeta, embroidered to correspond with the trimming of the bodice. It fell to mid-calf and she had it made in a most artistic manner.

JERSEY MILK STRIKE UNLIKELY BEFORE MAY 1

Price Agreement Still Holds, Although Dairymen Are Dissatisfied With Present Conditions
WOODSTOWN, N. J., Feb. 10.—Although admitting their dissatisfaction with present conditions in the sale and production of milk, leading dairymen in this region expressed the opinion that there is little likelihood of a general milk strike in South Jersey to try to force up prices before May 1, when the present agreement between the producers and the retail dealers expires.

Your Boys and Girls

Teach the children to drink water instead of visiting the soda fountain each time they feel thirsty. Any pure water is healthy. If a chemist gave you an analysis of your drinking water it would, no doubt, be found pure and full of all sorts of health-giving minerals, which would inspire you with the deepest respect for the water which your children have no deeply despised.

A College Set

A set which the college boy or even the college girl would appreciate to the tune of a good old-fashioned cheer in a knit or crocheted set of Afghan and pillow for the inevitable college couch. A plain Afghan stitch is used throughout the set, but a border of a contrasting color is worked about three inches around both pillow and cover. The same color is used in the center of both pieces to make the owner's initials or the letters of the school. A plain Afghan stitch is used throughout the set, but a border of a contrasting color is worked about three inches around both pillow and cover. The same color is used in the center of both pieces to make the owner's initials or the letters of the school.

HOUSEHOLD HELPS

What Are You Doing With Your Spare Time?

BUSINESS men consider it necessary and desirable to have some sort of hobby for spare hours. No matter how hard a man works during business hours, in his time off he usually tries to get as far away from business as possible. Indeed, we are told repeatedly by authorities on the subject of health that an "avocation"—an occupation outside of daily work—absolutely necessary for the worker who desires to keep in good health and spirits.

Has the homemaker her avocation? What does she do in her spare hours? One of the most tired, dejected housewives I ever knew was a woman who was known to all her friends as an "ideal housekeeper." Her home was immaculate, like her children; she was a perfect cook, an excellent seamstress for her family, an all-around fair expert in almost everything that pertained to the management of a home. And at 3 o'clock each afternoon her day's work was near completion and she sat down for her hour or two of rest.

But so faithful was she to the duties of the household that her "spare time" was always devoted to some house task—mending, occasionally embroidering or going over accounts. Of course, a quiet hour in the afternoon is an excellent time for such tasks, but she never interested herself in any other way. Her whole mind was concentrated on the making of a smoothly running household machine.

Incidentally, as she recognized that she was simply a house worker, she felt more and more the drudgery and less of the spirit of homemaking, and her off-expressed exactly what she had been thinking of for some time. She was simply a house worker, she felt more and more the drudgery and less of the spirit of homemaking, and her off-expressed exactly what she had been thinking of for some time.

VASSAR APPETITES WILL BE MEASURED

Committee to Ascertain Just What the Girl Students Eat and Why
POUGHKEEPSIE, N. Y., Feb. 10.—To ascertain what a Vassar girl eats when she eats, and why, is the object of a series of experiments which the college authorities have undertaken under the supervision of Assistant Professor Annie Macleod, of the chemistry department. In short, the university is intended to measure Vassar girls' appetites.

The experiment will continue for two weeks on the residents of Davison House. Every night each girl in the hall must report to some member of the committee exactly what she has eaten outside of the college dining rooms during the day and where she has eaten it.
In the meantime the committee is visiting the various off-campus tea houses and sampling their wares in order more accurately to tabulate the results of their canvass. The committee of students to collect and tabulate the statistics consists of the Misses Frances Voorhees, Voorhees, O.; Andrienne Sullivan, Poughkeepsie; Esther Willis, Cortland, N. Y.; Elsie P. Tinley, Council Bluffs, Iowa, and Ruth Margaret Lamb, Rochester.

PIG COOKIES

Cream one cup of sugar with one-half cup of shortening, and one cup of figs which have been passed through a food chopper, then add one teaspoon of salt, one teaspoon of vanilla, one-quarter teaspoon each of nutmeg and lemon extract and four table spoons of milk. Stir in two cups of flour sifted with four teaspoons of baking powder, then add more flour to make a dough stiff enough to roll. Cut into rounds and bake in a hot oven for about twelve minutes.

A SPICY BREAKFAST THESE NIPPY MORNINGS

Deerfoot Farm Sausage WITH BUCKWHEAT CAKES ORDER SOME TODAY

CLOSED ALL DAY MONDAY, FEBRUARY 12

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