SMART DAILY VYVETTES—SUGGESTIONS FOR INEXPERIENCED HOUSEWIFE—HEALTH TALKS

BECOMING "HARD" NOT NECESSARY FOR SUCCESS IN BUSINESS LIFE

A Girl May Retain Her Finer Feminine Qualities Without Sacrificing Her Independence-The Worker Who Needs Constant Supervision

A MAN was talking of the attitude of women in business. He expressed It as his belief that too often a girl, priding herself on her growing independence, in reality becomes "hard"-and unfortunately I believe this to be true. So many have the mistaken idea that being truly independent involves a shedding of the finer womanly instincts and an adoption of a musculine aggressiveness and indifference to the amenities of daily intercourse with one's fellows.

A girl who enters on a business career cannot expect to hold rigidly to the manners of the drawing room, but she can maintain a certain reserve and not lose out thereby in efficiency or personal popu-

SOME women believe that to gain "atmosphere," whatever that elusive quality is, they must drop all of the politenesses to which they may have been accustomed, must become a jolly good fellow and drink and smoke with the best of them. Otherwise, they may be called prudes, the men may think them "superior." Without attempting to moralize on the subject, a woman cannot "hit the high spots' continually without becoming hardened in looks and in manner.

No surer indication of the placidity or the hectic excitement of a girl's life can be found than in her face. Go over the Hst of your acquaintances and see whether this is not the case!

WHETHER or not you need constant THEN there is the girl who must be supervision will decide your ultimate; success or failure in business; for there are always these two kinds of workers. The girl who takes very good care not to tration or does not take her work sectousbe in the office one minute before the appointed time and who leaves when the hands point to 5 is usually the girl who during summer days, when office disci- the girl who works earnestly and faithpline is lax and the boss is away, will fully and is not afraid to let the boss see come sauntering in at 9:15, take an extra her leave before the closing hour if she fifteen minutes at the lunch hour and is obliged to attend to something, but who leave a few minutes earlier at night than always has a balance of overtime on her is her wont when watchful eyes are on her. Unless she marries, and it isn't found in an executive position herself her fault if she doesn't, she will more some day directing the comings and than probably be found holding down just goings of other girls.



While motoring, this veil is to be slipped around to the front-always keeping it under the band. After the ride, or when stopping for luncheon or tea at the country club, it is to be pulled around to the back again—as shown in the illustration.

as unimportant a job until the end of her

I followed up constantly lest she forget some important detail of her work. She means well but has not sufficient concenly enough ever to amount to anything.

And, curiously enough, the world seems to be full of these two types. The third, side, will, if she possesses brains, be

2. A tablespoon or a special-sized

once and placed to the left or at the top of the

Shopping Made Less Fatiguing

time conserve the time and energy of the shopper, I am sure it has transformed shopping into pleasure for me and I would like to have others test its efficiency. (Mrs.) GEO. F. R. As you suggest, Mrs. R. this does considerably lessen the strain of shopping. Many of the shops also supply their customers having accounts with them with printed

Engagement Not Announced

To the Editor of Woman's Page:
Dear Madam-I am a young girl of eighteen and my engagement is understood, but has not been announced. Will you be so kind as to let me know through the Woman's Exchange when it should be announced. Am I supposed to give a ring to the young man also, and what style should it be?

Your engagement can be announced at any time. Your parents should make the announcement, They can do so through the newspapers, and you should also write notes

to several of your most intimate friends telling them of your happiness. You are not supposed to give the young man a ring, although you can do so if you like.

Letter of Congratulation

Dear Madam—What eart of a letter should f write to a friend who has written to tel me of her engagement? CARRIE.

Gray Wool Instead of Blue

To the Editor of Woman's Page:

such a letter.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one hide of the paper only and signed with the name of the writer. Special queries like those given selve are savided. It is undirected that the calibre does not necessarily independence the sentiment expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

TODAY'S INQUIRIES

1. How can ple crust be nicely browned on 1. Is it necessary to wear a hat to an even ning wedding? 2. What kind of gown should be wern at ar

2. What is the best war to clean an iron sink? evening wedding. Is the gown regulated by the wearing of a hat?

3. Hew can a sink which is coated with prease be easily cleaned? hair? How is it applied?

ANSWERS TO YESTERDAY'S INQUIRIES

1. To remove grass stains from white flannel trousers dissolve one cupful washing sodu in two cupfuls water, hent the solution, make a ands of naphtha soup, immerse the stain and Pub gently. Ammonia and water or alcohol are also good if the stains are fresh. shaped like a' tablespoon, but halfway between It and a teaspoon, should be provided for soup A boullion spoon is only used with bouillor

2. A paste of molasses and flour will remove feeting the color.

3. Fresh powdered mustard, followed by cold water, allowing it to stand, then rinsing with clear water, will effectually remove the edor of fedeform, asafetida, ichthyol or valerian fron

To Clean Old Tapestry

To the Editor of Woman's Page;
Dear Madam—Can you please tell me the best
way to clean an old (apestry without injuring
the surface in the least; (Mrs. R. J. the surface in the least? Offra. B. J.

The Scientific American Cyclopedia of Pormulas is authority for the following method: Dissolve a bar of soap in one gallon of boiling water; when cold, put one quart of this dissolved soap in one gallon of cold water. Have ready at hand some pieces of soft flannel, a soft brush, a piece of wash leather and some clean, dry sheets. First well brush with a hard, long-haired clothesbrush, taking care to remove all the dust from the corners; for this purpose it is elothesbrush, taking care to remove all the dust from the corners; for this purpose it is better to use a small pointed brush and a pair of bellows. If the tapestry is on the wall begin to clean it at the ton, but do not clean more than, me square yard at a time. Dip a piece of flamed into the soap liquor, squeeze it out gently and rub it well into the tapestry to make a lather, brushing with a soft brush. Then wring the flamed out in the soap liquor, dry the square with the soap liquor, the soap is it. Dissolve four ounces of tartaric acid in one pint, of boiling water and put it into a pan containing two gallons of cold water. Dip a clean sponge into this acid water, squeeze it, then well rush it into the spot you have just cleaned and dried. When this is done it must again be well without knowing the degree of friendship existing between you and the persons whom you are to visit, it is impossible to outline with conditions and the whole tapestry is cleaned. As often as the soapy solution. at a time, until the whole tapestry is cleaned. As often as the scapy solution becomes dirty it must be replaced with clean. When the whole surface has been cleaned take a lump of pipeciay and rub into it, then brush with a clean clothes brush (not hard). This last process takes out the scap and spirits and also brightens. out the soap and spirits, and also brightens the colors. If in cool weather keep the room fairly warm while you are doing this

Renovating Black Silk

To the Editor of Woman's Page:

Dear Madam—Please publish directions for cleaning a faded black silk dress. G. R. C. The French process is to use a weak so-lution of coffee water. Restore the luster by careful rubbing with a soft silk hand-kerchief and do not wet the silk too much.

Proper Cleaning of Jewelry To the Editor of Woman's Page:

Dear Madam-How can jewelry be cleaned ANNETTE P. Most jewalry can be effectually cleaned by washing with soap and warm water, rinsing in cold water, dipping in spirits of any kind and drying in boxwood sawdust. Pearls require a special treatment, as do some other stones.

Employment for Thirteen-Year-Old

g. M. W.—A representative of the firm mentioned in your letter informs me it will not under any circumstances employ thir-teen-year-old girls.

To the Editor of Woman's Page:

Dear Madam—Can a white angora sweater
he counted with flour?

MILDRED T.

POLYGAMY MAY BE LEGITIMATIZED

AFTER THE WAR, DR. EARL BARNES HINTS



"Every Middle-Aged Unmarried Woman Is a Tragedy," Famous Feminist Says

GEWERY middle-aged unmarried woman E is a tragedy. Every middle-aged unnarried man, for that matter, is a tragedy, for, after all, you can't get away from hology. The war and all this talk of re-

Earl Barnes, Philadelphia writer and lec turer, who belowes to that small class of men—the feminists—who seem to really understand the modern woman and the trying time she is experiencing in bridging the gap leading from serfilom to the new

disarrayed for the summer exodus. Trunks yawned. He was a busy man, extraordinarily busy with the work of getting his family out of town before the torrid weather. overtook them. But I had touched him on his favorite topic, the topic that he loctures and writes hooks and articles about "woman," and so when I murmured about 3. What is meant by a curling fluid for the

The trouble with the woman of today is," he said, sinking down on the divan in his study, "that although she is intellectually independent and partially so economically she is not yet socially so. That is the reason for the tragedies you see, the unmarried women of forty or forty-five whose

DR. EARL BARNES

our present-day chivalry demands that it be the girl who gets it. The boy goes to work The girl goes to high or normal school. Eventually she comes to the city. She is toucher or a librarian. And because women have virtually nononolized these profes-sions they are among the lowest paid. For \$1000 a year you can get a male teacher of just ordinary ability," he interpolated, "but for the same money you can get a \$2000 girl who has an A. B. degree and has traveled abroad.

"The girl goes to the city; the boy stays back on the farm. The girl eemes back for her vacation, because, perforce, she has to She has been living a boarding-house exreason for the tragedies you see. the linmarried women of forty or forty-five whose
lives are done from the biological point of
view.

"It is a significant fact," he continued.
"that although there is a surplus of 2,000600 men in the United States, there are always more women than men in the big
cities. Why is this? Because, despite the
fact that we are accustomed to thinking of fact that we are accurrenced to thinking of the sons of the bouse as faring forth from their country and small-town homes, it is the daughters who really do this today. "In the first place, if there is a question of who shall have the education in a family."

LIVING UP TO BILLY By ELIZABETH COOPER

This powerful, human document, written in the form of letters to a young mother serving a term in prison, is one of the most gripping literary products of the twentieth century.

I am worried to death. I don't know what to do and my hand don't seem to

hostess how much you enjoyed visiting her. Without knowing the degree of friendship existing between you and the persons whom you are to visit, it is impossible to outline

thing out, cause Mrs. Smith is right when she says that dancing ain't bad, just the bum crowd you have got to go with. And I am up against it more than most of the girls, cause nearly all of them have homes, but everybody seems to know or finds our mighty sudden that I am your sister, and it mighty sudden that I am your sister, and it ain't up to me then to go in for the heavy respectable. Gee, Kate, you have got a reputation! You must have had a lot of newspaper advertising. Nobody ever says I am Nan Lane, they just say I am Kate Lane's sister. Then they look at me as if I was going to take a bite out of them. That is why it is more comfortable for me to keep with the old crowd, cause they don't throw a fit every time your name is mentioned.

Oh, I am sure distracted. I've walked the floor nights till I wore a path in the carpet. What with my hand aching and me wondering what in the world I ought to 6o, I can't sleep. I go out in the afternoon and lie down in the woods, and if I knew something to pray to I would sure get right down to

to pray to I would sure get right down or my knees and ask it to tell me which way to Mrs. Smith cries every time I speak of the Mrs. Smith cries every time I speak of the dancing, but I can't live on charity for the rest of my life, and I am pentered to death for money. When I was coming out of Kelley's the other day I saw father, and, of course, he give me a touch. He never shows up unless he wants something. Oh, I hate him, Kate. When I saw his shifty old eyes I just turned sick. Every time I see him I think of the hicks and the cuffs we kids got whenever he come round, which, thank goodness, wasn't often. Do you remember how happy we was when we went down to court and heard him get that seven years' stretch?

Gray Wool Instead of Blue

To the Editor of Woman's Page:

Dear Madam—Angora Sweater

To the Editor of Woman's Page:

Dry Cleaning Angora Sweater

To the Editor of Woman's Page:

Dry Cleaning Angora Sweater

To the Editor of Woman's Page:

Dry Cleaning Angora Sweater

To the Editor of Woman's Page:

Dry Cleaning Angora Sweater

To the Editor of Woman's Page:

Dry Cleaning Angora Sweater

To the Editor of Woman's Page:

That was the finest present the Judge could give us, and when we got back to the second with four!

I am grateful to you for calling attention to this change. The information I gave was obtained from the Manual of Volumers was alled to be covered.

It is be correct.

What ingels and shake the finest present the Judge could give us, and when we got back to the count of the dry conditions.

I am grateful to you for calling attention to this change. The information I gave was obtained from the Manual of Volumers and shake the finest present the Judge could give us, and when we got back to the count of the dry conditions.

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I am grateful to you for calling attention I gave was obtained from the Manual of Volumers and the count and heard him get that seven years' stretch?

That was the finest present the Judge count and heard him get that seven years' stretch?

That was the finest present the count and heard him get that seven years' stretch?

The fine fine fine fine for on

im. You must be something like her, name you stick to Jim ... J you know what think of him. I suppose being married to man does something to a woman, because know a lot of nice women that stick to good-for-nothing bums because they are narried to them. As for me, I don't suppose I ever will be married, cause none of the crowd I know now for mine and I don't have much chance to meet the Henry Van Dykes or the John T. Wanamakers.

Well, this ain't felling me what to do. What will I do? I am near crazy. Wellcan always go to bed; good night, NAN.

(Conveight, All rights reserved.) (CONTINUED TOMORROW)

Biological Waste Deplored-Women Intelcially Independent

"At twenty-five she is young and is im-pressed with the importance of the pay envelope—she thinks she holds the key of

It seemed a fearsome picture.
"What is the answer?" I asked.
"Cet rid of the girl grafter in the first
place," he replied. "She is the girl who
grafts on the old regime—who is not entirely self-supporting—and therefore ruins
the market for women who must be whelly the market for women who must be wholly

playing in two camps, and woman's eco-nomic position will never be firmly estab-lished until this type—the girl grafter— is

"But perhaps it will not be the pay envelope, but a paucity of men, after the war, that will be responsible for the un-married woman." I argued.

"We will have new laws and new ideas then, perhaps," Doctor Barnes said, "to meet the new situation. It is quite possible that polygamy will be legitimatized by that time. A member of Parliament who vis-ited me here the other day told me amazing

est in a first-rate man to a whole interest in a tenth-rate man, knew not whereof he spoke. Doctor Barnes' blue eyes twinkled.

"The women of Utah are the least jeal-ous of all women," he said, "and I am sure that each one of Brigham Young's wives

thought that she was the favorite!

"But at any rate." he continued seriously,
"I am not one of those who believe that
this war will do everything for women. On
the contrary. I believe that the day peace
is declared she will, in England, at least,
allo head, this her old position. The minslip back into her old position. The mu-nitions factories will close the day peace is declared. Industries and business and professions in general will be disorganized.
There will be fewer jobs. The well men who return will be the heroes; they will get them. The ill non, the lame, the halt, the blind, they will have to be cared for. This is women's work. It will be the women's work, the property of the women's work, they have released to the women's work to the property of the work. an's nature to want to step into her role of nurse and caretaker. But it is unstand-ardized work; work that is not paid for. And there you have the woman back again

on the old basis."

Despite the fact that he pursues the woman question with a pessimistic per-sistence and reientless logic. Doctor Barnes has always been "for us." He wants us to have every advantage, but he is not blinded by us, and talking to him you get the im-pression that should we not put our ad-vantages to good advantage, no one would be more keenly aware of our defection than this impartial feminist.

lectually But Not So-

envelope—she thinks she holds the key of life. At thirty she is still content; at thirty-five she is beginning to ask what is the meaning of it all and what she is working for; at forty she is downright worried, and at forty-five you have the tragedy—a biological waste. She is un-married and every unmarried middle-aged person is a tragedy."

independent, and for men who must compete with woman labor. "Women are not playing fair; they are

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THE GOOD HEALTH QUESTION BOX By JOHN HARVEY KELLOGG, M. D., LL. D.

In answer to health questions. Doctor Kellopp in this space will daily give native on preventing medicine, but in no case will be take the risk of unking diagnoses of or prescribing for all ments requiring surgical treatment or drugs. Health questions will be promptly unawered by personal letters to inquirers who inclose stamped envelopes for regly.

The Foundation of Good Health

Good health is a quadruped. It has four legs—diet, water, exercise and fresh air. The diet should be varied, well-cooked, The diet should be varied, well-cooked, well-masticated and well-halanced—but not overattractive. Most persons cat too much. If they cut their food down one-half they would be much better off. It is not the amount we eat, but what we do with what we eat that is of consequence. Variety should be attained by changes from one meal to another, rather than by a multitude of dishes at each meal. A wilderness of attractions is likely to lead the average mortal to a line of action that is ruinous. of attractions is incorporate to mortal to a line of action that is ruinous.

Spices and other stimulating accessories also tend to lure one into the same deadly snare. An appetite that has to be incited to action by stimulants or an array of fine dishes needs a vacation, needs rest, needs

course of treatment, in which starvation is the chief factor.

It is a foolish notion many persons have that they ought to eat at conventional in-tervals whether they desire to or not. Food is poison to a system that loathes it or is indifferent to it. An appetite is not natural unless plain whole-meal bread and butter or plain bread without butter tastes deli-cious. Starvation is one of the very best remedies for a large class of human all-ments. It enables the eliminative organs to catch up, rests the overworked stomach and refreshes the whole system. Absolute starvation is not necessary. A diet consist-ing of fruits, bran, lettuce, celery and sim-ilar coarse things, avoiding fats and protein, taking chiefly uncooked fruits, will change the intestinal flora and eliminate

the mischlevous germs.

Two meals a day are better than three Two meals a day are better than three for those not engaged in hard labor.

Water in the great solvent and purifier of the body. A cold bath followed by a vigorous rub is the best of tonics, and a hot bath is the most marvelous of all poultices for the relief of internal con-

Such exercise as walking, running, row ing, wheeling, chopping, playing, mountain-climbing, skating, gardening, punching the bag—anything that stimulates the lungs and heart to vigorous action—is of benefit. Exercise should be earnest and wholesouled—something that will set the ma-chinery spinning and leave the body vigor-ous and dynamic. Outdoor exercises are by far the best. But indoor exercises are by far the best. But indoor exercises are immensely superior to none at all. It is not necessary to have a lot of apparatus. It is not necessary to have a real pigskin in order to punch the bag nor a race-course in order to run. If you are really in earnest about it, you can punch (metaphorically) a spot on the wall—punch at it—and run while remaining in the same

Tomorrow's War Menu

BREAKFAST
Banana Sliced on Uncooked Wheat Biscuit
With Milk or Cream
Cheese Omelet LUNCHEON Cucumber Salad Rolls DINNER Clear Soup Stuffed Beef Heart Mashed Turnips Cold S Pineapple on Sponge Cake Coffee

No person can be permanently well without fresh air. Even the poor birds and
monkeys die of consumption after a little
while when they are shut up in the devitalized atmosphere of our homes and
menageries. A plentiful supply of fresh
air is a normal necessity of every animal.
Open the windows and let it in, day and
night. Stop a minute between exercise
numbers and walk around a little, drinking
in great deep lungfuls of luscious oxygen.
How luxurious, simply to breathe, when
the air is fresh and pure and cool and goes
far into the uttermost cells of the lungs!

Food Drunk

cause of it? I was to do What is the E. L. g. R. No doubt the cause is chronic toxemia. The brain is saturated with poisons that should be eliminated. It may be your liver, kidneys and thyroid giand are worn out because you use tea, coffee, tobacco and meat. You are in a state of intoxication, All these poison germs are worn out so the poisons accumulate in the glands and in the blood and cause a state of intoxication. Thousands of people are going shout feed drunk because of the decomposition of excess quantities of food which they have eaten which the system cannot combat.

Prunes

Are prunes nutritious? Prunes are among the most nutritious of foods. They contain about 10 or 12 per cent of nutrient material.

Deflected Septum

Should a deflected septum in a child's ness be perated upon before he is full grown; J. J. D. Yes, indeed. It may not be necessary for the septum to be removed, however, Percan be straightened without the removal by operation.

Neurosis and Neuritis

Neuritis is a neurosis but a neurosis is not



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