

Woman's Realm :- Social and Personal :- Fashions :- Literature



FOR THE WOMAN READER

That low man seek a little thing to do.
Sees it and does it;
This high man, with a great thing to pursue,
Does ere he knows it.
That low man goes on adding one to one—
His hundred's soon hit;
This high man, aiming at a million,
Misses an unit.
That has the world here—should he need the next.
Let the world mind him!
This throws himself on God, and unperplexed
Seeking shall find him.

—Robert Browning.

EFFECTIVE ACCESSORIES

A number of colorful accents give a summery effect to many mid-season frocks. White organdie gloves and a big bow tie with black taffeta barred in white; red crepe gloves, belt and toque with greige and blue checked crepe and pale blue pique toque and gloves with dark blue crepe make smart and effective accessories.

PARTITIONED BOXES FOR CUTLERY

It is ruinous to silver and cutlery—and also untidy—to have it thrown together in one large drawer where each pull-out or push-in of the drawer tosses all implements together in a scrambled mass. At the hardware store or dime store nicely partitioned cutlery boxes may be bought, and these can be tacked into the larger drawer, if desired. Select shallow partitioned boxes; they are handier than the deep ones. Part them inside and out before tacking in the drawer, and they will not show grease stains or black marks.
Convenient racks can be bought for the long-handled kitchen implements, such as brushes, potato masher, rotary beater, bread knife (usually too long to fit in the table drawer). These racks are most convenient if attached inside the cabinet or closet door.

FASHION TIPS

A lightweight, cool, beautifully fitting summer glove is made of a ribbed knitted fabric. It washes easily and satisfactorily and always clings to the hand with the neat trim-appearance you like.
To be ultra smart, choose dotted Swiss. And choose it in black with a black dot. Keep the dress simple . . . all black, if becoming, or with just a touch of white.

The practical slip-cover bags shown in Paris make washing a

handbag as easy as washing a handkerchief. The covers are made of linen or pique and fit over an envelope handbag. You buy the bag and extra covers. Then while laundering one you have a fresh one always ready to be slipped on. The principle of the slip-cover is much like putting a pillow into a pillow slip . . . only easier.

Some of the newest street dresses are made of hand-blocked or printed organdie. This is quite a new use for the cotton material and it looks different. The whole effect is tailored, with dark colors, tailored prints and tailored details such as simple, straight gored skirts, high necklines and yoke details.

"CLEAN-UP" JAIL

Long-time inmates of the cell block at police headquarters in Springfield, Mo., still are talking of the disturbance created by Verda Turner, slender brunette who faced a charge of disturbing the peace.
Verda decided all cells were "dirty" and that she should clean them. She turned on all faucets she could reach, then drenched other inmates and officials with water scooped up in a cup.
The belligerent Verda was overpowered eventually, and held for a powered eventually, and held for a

PREPARE YOUR FACE FOR MAKE-UP

This needn't take long. Just a quick get ready facial. If you have given yourself a good 10-minute facial, or even a 15-minute one, then all you need is to apply foundation cream and then apply make-up.

If you dash in, all tired out and have no time at all for a facial, wash your face thoroughly with warm water and soap until it is good and clean. The warm water will relax your facial muscles and it only takes a minute. Then apply some good nourishing cream, rub it in with upward strokes, and hop into your tub or your shower. Wipe off your cream as you dry yourself and see if your face hasn't lost some of its tenseness, just from the few seconds it has been exposed to kind treatment.

Now pat on some skin tonic with a piece of gauze or cotton. This is absolutely necessary to tone up your face.

Wipe it off, then put on your foundation cream and start make-up. If you are very speedy, this will take only five minutes, all told. Any date worth keeping is worth waiting five minutes for!

For summer evenings there are some delectable face powders that you dust over after you have made up. Blue is for blondes, green for medium coloring and lavender for brunettes. It gives a kind of glamour that women love and men fall for.

In cooking very sour fruit much less sugar is required if a little salt is added. The flavor will be improved.

RECIPES FOR GETTING INTO A PARTY MOOD

Before you start out for romantic evenings of dancing, or sitting out in the moonlight, do get rested. No fatigued girl is pleasant company. No man wants you yawning or "too tired to dance."

The little cat-nap before you dress is the best possible preparation for a gay evening. Just fifteen minutes is a boon! A half hour will really rest your nerves and bring you back to your own peppy self.

Before you lie down, take a hot tub. No matter how hot the day, this soapy hot tub or shower is just what you need. If you cleanse your face and apply nourishing cream before you lie down, that's all to the good too.

If you are very tired, dip your fingers into cold water and massage your scalp a little. Loosen it up from the back of your head. Then across the top and sides. Keep dipping your fingers into cold water and applying it direct to the scalp. If you do it right, it won't even muss your permanent.

Patter around your room barefoot, while preparing for your nap and while getting dressed. Put your slippers on the last thing. This extra five minutes barefoot relaxes you more than you realize.

Don't forget to spray a little cologne under your arms. And to rub your hands together with some of it. These tiny little things taken together go to make up the routine that really rests you, braces your spirits and puts you in a party mood.

Dorothy Dix's Letter Box

Comparison Of Present And Past Conditions Of Married Life Drawn—Many Say Young People Not Willing to Start Life As Parents Did.

Dear Miss Dix—People are always saying that the young people of today are not willing to start in life as their fathers and mothers started. Don't you think that this is often due to their parents.

A REGULAR READER.



Answer: It is due to their parents and life in general, for we are all products of our own age and slaves to the habits that have been bred in us.

When mother and father married they commenced housekeeping in a couple of rooms or a tiny cottage. Mother did all of the cooking and washing and scrubbing. They had kerosene lamps. She went to market with a basket on her arm and she thought she was lucky if she had a black silk dress for best that would last her three or four years.

And father mowed the lawn and swept the sidewalk and helped with the chores around the house and neither one ever any more thought of having a horse and buggy or going out to some place of amusement two or three times a week or of belonging to clubs or of giving cocktail parties than they thought of having diamond tiaras and going to Europe every summer.

And all of this was no hardship on mother and father because it was just continuing the simple manner of life in which they had been brought up and because they were doing just what every other young couple of their acquaintance was doing.

But the girl and boy of today who get married live in a different world, one in which "the young married set" is only too often the gayest and the most pleasure-loving set in the community.

We may say this is all foolish and wrong and the young people should start where their parents did, but it isn't easy to go backwards.

It isn't easy for a girl who has always had lots of pretty clothes to go shabby or for one who all of her life has ridden in an automobile to drag around in a street car. It isn't easy for the boy who has always had good clothes and been able to indulge himself in everything he wanted to have to wear hand-me-downs and count his pennies.

And so it is no wonder that when so many young couples who have married on a shoestring and the proposition that love is enough, find themselves up against the hard realities of trying to scuffle along on an insufficient income, they declare that marriage is a failure and throw up their hands and quit. They are soft and spoiled and cannot stand the hardships that their parents made nothing of because they were used to them.

DOROTHY DIX.

HERE ARE THE RULES FOR "SITTING PRETTY"

When you drop into a chair and relax don't think that the natural let-down is going to make you beautiful and graceful. Chances are you have twice as much grace just walking down the street.

However, if you follow a few simple rules, you may present an alluring picture.
First of all, make sure that the small of your back is against the back of the chair. The ugly curve that comes when it isn't is eliminated forever in this position. Relax! Give a great breath and as the air is exhaled let yourself go.

And now . . . think of your legs. If possible place a mirror in front of them, or draw a chair before a glass door. The chances are that they look ugly in the position in which you are sitting. A few simple commandments will help.
The first on the list of "thou shalt nots" has to do with the crossing of the legs. Never cross one leg over the other in such a way that the contact comes below the knee. The resulting line is awkward. Always keep the knee of the stationary leg fitted firmly in the socket of the knee of the leg that is performing the arc. Otherwise, you will thicken the circumference of both legs, and a few inches means a lot of difference when beauty is on display.

Make sure that your legs—especially when your feet are resting on the floor, are not touching the chair. When they do, once again they are broadened by the contact. If they are a little distance away from the chair they retain their own shape.

Feet that are planted squarely on the floor are decidedly too manly. After all, you do want a careless nonchalance, you know. But a graceful, not a graceless, one. When you aren't crossing your knees . . . and it is perfectly all right to cross them, too . . . sit with the heel of one slipper approaching the instep of the other. The stage-line, it is called. The next time you go to the theatre watch your favorite actress. You will notice that she follows this rule.

When one has eaten something indigestible it is not uncommon for spasmodic pains to follow.
The pain is due to irritation. It is severe, and usually recurs at short intervals. This is what is known as colic.

These cases must be treated with the greatest care, for spasms in the abdomen, even if of a colicky nature, may be the result of definite disease or obstruction.
The ordinary treatment—a dose of castor oil—should only be given when one is sure of the cause. If the diagnosis is in doubt, it is quite safe to give an enema, but the doctor must always be called.

Hot water bottles or hot fomentations applied to the abdomen are useful in relieving the pain.

VARIETY IN PRINTS

Summer prints in silks give a wide variety for individual expression. No longer do stylists say "locate only you must wear large florals or small conventional prints, light backgrounds or dark backgrounds. This summer you may wear almost any sort of print you like and most of them are lovely. There are gay florals in dull red and white on a dark blue ground and white flowers to match those in the print and topped with a three quarter length jacket of the same fabric. A smart suit for tea has a jacket and skirt of deep yellow and white flowers printed on a

HIGHEST SAFETY PACKAGE

GEM LYE

Opens Clogged Drains.
Keeps Drains Open.
AT ALL GROCERS

THE COOK'S CORNER

SPICED GRAPEFRUIT

This makes an original sauce to serve with meat. Wipe 4 lb. grapefruit and cut the peel into match-like pieces. Put in a preserving pan with 4 pints water and 2 oz. stick cinnamon. Simmer till quite tender. Cut the fruit into pieces and rub through a sieve. Add to the cooked peel with 8 lb. sugar. Stir till the sugar is dissolved; then bring to the boil and boil gently for about 1/2 hour, or until it sets. Put into pots and tie down.

GRAPEFRUIT SALAD

Peel one or more grapefruit and cut up into small pieces; also peel and chop up one or two apples. Wash and shred one lettuce and dress in oil and vinegar. Put some of the lettuce in each half-skin of grapefruit and fill up with the grapefruit and apple. Sprinkle over a little sugar, oil and lemon juice and decorate with little cubes of beet-root and flaked hard-boiled egg.

SALAD DRESSING

This dressing gives a delightful piquant flavor to salads.
Mix together 1/2 teaspoon each dry mustard, salt, pepper and sugar. Add 3 tablespoons salad oil and 1 tablespoon milk. Then stir in gradually the strained juice of a grapefruit. Mix thoroughly, and it is ready to serve.

GRAPEFRUIT TRIFLE

Peel a grapefruit and cut it up in very thin slices. Put a layer of crushed macaroons at the bottom of a glass dish and on this put a layer of the sliced grapefruit. Sprinkle sugar over the top, then repeat the layers of biscuits, grapefruit and sugar. Pour over about 1/2 pint custard and decorate with little dabs of whipped cream, glace cherries and sweet almonds, cut into strips.

A BOTTLE TRICK

Send all your rhums into an adjoining room with instructions to keep the door closed. They are sent for one by one and come in to find a bottle standing upright in the middle of the room. They are then told that they are going to be blindfolded, and must step over the bottle without kicking it over.

As soon as they are blindfolded the bottle is taken away. Two people take hold of the hands of the "victim" one each side, and somebody tells him to be very careful, and to take as high steps as possible. When he has stepped across the place where he imagines the bottle to be, he must turn round and come back again.

What a surprise he has when he finds the bottle is not there at all. He may then sit down and watch the others try.

BRIDE ELECTS WHITE COSTUME

The black and white theme has taken such a firm hold upon the feminine fancy that even the collection of evening clothes for the coming season shows a great preponderance of black and white combinations. Dresses of black taffeta with tiny, snug-fitting jackets of white pique made like a man's evening waistcoat are seen wherever smart young things foregather.

For dinner wear there are black flat crepe dresses with white mouseline de soie sleeves made of overlapping ruffles, the whole touch repeated at the décolletage.

Chanel predicts a successful season for tulle. She had added a bouffant frock of Havana brown tulle to her collection on made with a separate jacket of turquoise tulle, the latter being fashioned with large puff sleeves.

The high neckline continues as an important feature, and when applied to the new evening frocks results in many charming effects. It may fit tightly around the neck or the high line may be simulated in any number of ways with scarfs, capes and draperies.

IT'S A GIRL AND A BOY THEN A BOY AND A GIRL

OAKLAND, Calif., June 20. — A year ago today two young mothers occupied the same hospital room. Mrs. Albert E. Augur became the mother of a daughter and Mrs. G. A. Hicks gave birth to a son. Today they were back again. This time a girl was born to Mrs. Augur and a boy to Mrs. Hicks. All are doing well.

light grey ground. It is worn with a blouse of solid yellow silk with gloves to match.



Handiest Thing in the house

Every home needs 'Vaseline' Petroleum Jelly. It comes in handy for so many things—the children's bumps, bruises and burns. Prevents scars. Softens chapped skin; relieves wind and sunburn. Eases stuffy head colds, raspy throat. And 'Vaseline' is what the doctor recommends for keeping baby's tender skin from chafing. It's the "Handiest Thing in the House."

BE SURE YOU GET THE GENUINE LOOK FOR THE TRADEMARK VASELINE WHEN YOU BUY.

If you don't see it you are not getting the genuine product of Chesbrough Mfg. Co., Cons'd., 5520 Chabot Avenue, Montreal.

LONG BED NECESSARY FOR PROPER SLEEP

Your bed should be long enough and wide enough to allow plenty of thrashing around, says Dr. Donald A. Laird, director of Colgate University's psychology laboratory, as during the night you shift your position 30 times, or four times each hour.

People should become more sleep conscious, Laird says. The average citizen of today gets less sleep and needs more than he did 50 years ago. It is important to get the most out of the few hours of rest.

You Can Change DARK Colors To LIGHT Colors

—Easy as A-B-C with Tintex Color Remover



Supposing you have a dark dress (or any other dark-colored article) and are pining for a lighter-colored one . . .



Tintex Color Remover will safely and speedily take out all trace of color (including black) from any fabric . . .



Then the article or fabric can be redyed or tinted with Tintex Tints and Dyes in any new shade to suit yourself—either light or dark . . .

At all drug and notion counters 15¢

Tintex
COLOR REMOVER

GARDENING

FIGHTING PESTS

Roughly speaking, insect enemies are divided into two groups—those that eat holes in the foliage and those that suck out the juices. For the first-named, poison is usually applied, while the suckers are attacked with a burning spray which penetrates their hides. Often when both are present, a combination of poison and something that burns, such as lime sulphur and arsenate, give the best results. The damage from the biting insect is usually quite apparent, but the presence of the other kind is only shown at first by a wilting or withering of the foliage. For sucking pests, chief of which are the aphids or plant lice, spray with whale oil soap, a quarter pound of soap to a gallon and a half of water; nicotine sulphate, or "Black Leaf 40," or any other repellent secured from a reliable seed store. When fungus attacks the plants, the foliage usually turns yellow or brown, or white spots like mildew cover the leaves. Fungus is most common in warm, murky weather. Spraying with Bordeaux Mixture, or dusting with specially finely ground sulphur is advised. Sulphur dust will also protect hollyhocks and phlox from rust, if applied when the disease first shows itself. An ordinary tin can with the top perforated like a salt shaker makes a good duster. Out worms, which eat through newly set-out plants at the base of the stem, are poisoned by spreading sweetened bran mixed with Paris green or special mixtures about the plants. Where there are only a few plants to protect provide same with paper collars. Can. Seed Trade Association.

PERENNIALS FROM SEED

The most economical way to get a perennial bed established is to plant seed. Early June is the best time to get started. One is well advised to start most perennials in a special nursery bed, except, perhaps, such things as Oriental poppies which are rather difficult to transplant and should be sown where planted permanently. Secure seed from a reliable firm. With perennials more than other flowers seed is very important, as there is liable to be a good deal of mixing and sold seed with most of the flowers is absolutely no good. Prepare a fine bed in some portion of the garden where there is good drainage and preferably a little shade in the middle of the day. The seed is sown here in rows about three inches apart. With all but the larger seeds, simply press firmly into the earth. Keep the ground free of weeds, well cultivated, and until the seed germinates water with a fine spray every evening. Thin out plants and provide a light protection of leaves or straw the first winter. Next spring transplant to permanent quarters.

Special FREE offer!

To start you building up your health right away, we make this absolutely FREE offer. Purchase a package of Ironized Yeast at once, out seal on box and mail it to us with a clipping of this offer. We will send you a fascinating new book on health, "New Facts About Your Body," by an authority. Remember, results guaranteed with very first package—or money refunded. At all druggists. Canadian Ironized Yeast Co., Desk 129, Box 1283, Montreal, Que.

Results guaranteed

No matter how skinny and weak you may be, this remarkable new Ironized Yeast should build you up in a few short weeks as it has hundreds. If not delighted with the results of the very first package, your money instantly refunded.

Only be sure you get genuine Ironized Yeast, not some imitation that cannot give the same results. Insist on the genuine with "IY" stamped on each tablet.

A Morning Smile

A professor of geology at a Scottish University was always willing to identify specimens brought to him by any member of the class. One or two of his students, in a frivolous mood, got together a collection of rocks in which they had included a bit of common brick. Inviting the professor to inspect the collection, they crowded round.
"This," he began, "is a piece of basalt; this is granite; this, again, is a piece of quartz; and this," he shouted, throwing away the alien fragment in disgust, "is a piece of darned impertinence."

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

It is a practical one-piece . . . it is so simple to put together even a beginner would find it easy. Nothing but a length of material with a youthful neckline shaped by a tricky scarf collar. It slips through a bound opening at the center-front of the dress and ties in a bow. The dropped shoulders add puffs for its sleeves.
To be certain—it's cotton! And a delightful affair in dusty pink print in sheer dimity.
Of course, linen, tub silks, semi-sheers and crepes are also suitable. Style No. 771 is designed for sizes 14, 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 3 1/2 yards 39-inch with 1 yard 39-inch contrasting.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 771. Size
Name
Street Address

City State

UNITY
The more people improve in themselves the more they live in unity together.



NEW EASY WAY
Puts on Firm Flesh—Soon!

Hundreds gaining nice pounds in a few weeks. Rich imported beer yeast concentrated 7 times and combined with iron.

Now fill out that skinny, unattractive figure so soon you'll be delightfully surprised!

Everybody knows that doctors for years prescribed yeast to build up health for rundown men and women. But now with this new discovery you can get far greater tonic results than with ordinary yeast—regain firm flesh, and also put on pounds of solid flesh—and in a surprisingly short time.

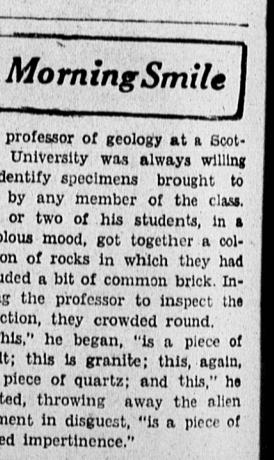
Not only are hosts of people gaining beauty-bringing pounds, but also clear radiant skin, new pep.

Concentrated 7 times
This new product, Ironized Yeast, is made from specially cultured, imported beer yeast, the richest yeast we know of, which by a new process is concentrated 7 times—made 7 times more powerful.

But that is not all! This super-rich health-building yeast is then ironized with 2 special kinds of iron which strengthen the blood, add bounding pep.

Day after day, as you take Ironized Yeast, watch gawky angles fill out, flat chest develop, skinny limbs round out attractively. And with this comes radiantly clear skin, new health—you're a new person.

Only be sure you get genuine Ironized Yeast, not some imitation that cannot give the same results. Insist on the genuine with "IY" stamped on each tablet.



POTATO SALAD



Chill before Serving!

Mix cold boiled sliced potatoes with mayonnaise dressing made with Colman's Mustard, to which a little onion juice has been added. Arrange lettuce leaves on platter, forming into generous sized individual nests, placing in each a thick slice of tomato. Add portion of potato salad to each nest, garnishing with slices of hard-boiled eggs. Chill before serving.

The dressing for this salad is very important. Be sure to use Colman's Mustard in preparing it. Colman's will make it really digestible and flavorful—a table treat you'll be proud to serve.

Colman's
D.S.F. Mustard
AIDS DIGESTION