

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

Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Exercise for Thin Thighs

DEAR MISS LEEDS—(1) How can I fill out the space between my legs from the thigh to the knee? How can I develop my calves? My measurements are: Ankle, 8 1/4; calf, 13; hips, 35; waist, 26; bust, 33 3/4; neck, 12 1/2. I am 16 years old, 5 feet 1-2 inches, tall and weigh 119 pounds. (2) I have golden brown hair, blue eyes and a fair complexion. What shades of powder and rouge should I use? (3) I have blackheads and pimples on my face, back and chest. How can I cure them?

Answer—(1) The measurements you have given are good for your age and height. The calf is a little slender, but this will fill out as you mature. Your weight is good also. Here are two exercises for you. (a) Stand erect behind a high stool or low-backed chair. Raise your right leg out to the side and swing it over the stool and across your left leg. Swing the leg back to position. Now repeat the exercise with the left leg, swinging it to the right over the stool. Swing the legs alternately ten times each. (b) Raise your knee and rotate the lower part of your leg twenty-five times. Repeat with the other leg. To develop your calves do plenty of walking each day, do clipping and heel-raising exercises. (2) A flesh powder and light rouge would be suitable for your complexion, but you should omit make-up until you have cured the blackheads and pimples. (3) Be very careful to wash your skin thoroughly with plenty of warm water and soap each night before you retire. Use a complexion brush on your face and a bath brush on your

body. Lather your skin well, scrubbing the lather in, and then rinse with a bath spray and clean warm water. Press out the larger blackheads. Rinse in cool water, dry and put on an acne lotion or salve. Here is a recipe for a salve: 1 dram ichthylol, 2 drams oxide of zinc, 3 drams petrolatum, 2 drams stearate of zinc. Be careful to avoid constipation. Drink six or eight glassfuls of water daily between meals. Exercise outdoors every day. LOIS LEEDS.

Encouraging the Wave.

Dear Miss Leeds—(1) Sometimes my hair is wavy and beautiful and at other times it is straight, or almost so. I take good care of it. My complexion is sometimes smooth and sometimes full of pimples. What is the cause? (2) I am 15 years old, 5 feet 5 inches tall and I weigh 147 pounds. My measurements are: Ankle, 9; calf, 15; thigh, 20; hips, 39; waist, 25; bust, 31; wrist, 6; neck, 12 1/2. How much overweight am I? (3) I have dark brown hair dark eyes and a medium complexion. What colors are becoming?

BETTY JANE.

Answer—(1) Naturally wavy hair often behaves this way, being curlier at some times than at others. Next time it becomes straight make a note of your physical condition, whether your stomach is upset, whether you have constipation, have not had enough sleep or fresh air, are worried or nervous. In damp weather your hair should be curlier than in dry weather. When you wash your hair use only pure castile soap in liquid form and dry by rubbing between warmed towels. Then finger wave or water wave your hair. You will outgrow pimples in a few years, unless you have eaten too much candy or too many starchy foods and meats. Eat simple foods and avoid tea and coffee, unless you drink them very, very weak.

(2) You are about twenty pounds above the average weight for your age and height. Your ankle, calf and hip measurements are rather large, but the others are small for a girl of your height. Do not try to reduce unless a doctor advises it.

(3) You will find the following colors becoming: Bright red, rust, henna, medium blue, navy, or Davy Jones blue, reseda, almond green, dark green, amber, yellow, ochre, deep cream, flesh, peach, dull orchid, dark brown, medium tan and black. LOIS LEEDS.

A Fashion Hint

CHARMING AFTERNOON FROCK

An enchanting afternoon frock of liltick red georgette crepe self-trimmed, with neckline softened by scarf collar with long loose ends falling almost to hem at back, which contributes new smartness. A wide girde swaths the hips of full flaring skirt. Style No. 412 is designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust. For street, it can be made of printed silk crepe with the scarf collar either of the print or of plain



harmonizing silk crepe. Navy blue crepe de chine, beige, georgette crepe, Lanvin green silk crepe or purple chiffon are other smart suggestions. Pattern price 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

We suggest that when you send for this pattern you enclose 10 cents additional for a copy of our Spring Fashion Magazine. It's just filled with delightful styles, including smart ensembles, and cute designs for the kiddies.

Tailor-made leather suits have appeared in Europe.

THE LAND WE LOVE

By FRANK LEIGH

TORONTO HARBOUR, IMPROVEMENTS

Q. What is the extent of Toronto Harbour Improvements under way? A. A far-reaching improvement plan is well under way in the harbour of Toronto, involving an expenditure of \$25,000,000. 2000 acres of land and water are being developed for industrial sites, streets, docks and parks, with a water depth of 30 feet. The port of Toronto has ten miles of water front from east to west. Part of the plan has been completed in the Sunnyside Park, which is called the Atlantic City of Canada. Large elevator, warehouses, etc., are being built to accommodate the steadily increasing harbour traffic, and to be ready for the increased traffic expected from the completion of the new Welland Canal.

Etiquette

By Roberta Lee

Q. May one ever take a woman across the room to introduce a man to her? A. No; take the man to the woman.

Q. Where are flowers usually worn today? A. On the shoulder, preferably the left side.

Q. What is the smallest number of knives and forks that should be placed on the table in advance? A. Three of each.

Household Hints

By Roberta Lee

White Satin Collar

A white satin collar can be cleaned by rubbing it with bread crumbs which have little moisture. White kid gloves can be freshened in the same way. Do not have the crumbs too moist.

Fowl

When roasting fowl, place the breast side down in the roaster, so that the juices will penetrate the breast, which is usually dry.

Tired Felling

To relieve a tired feeling, nothing is better than to drink a cup of hot milk, as hot as can be borne.

For The Cook

CRUSHED PINEAPPLE RICE

Scald 1 cup milk, add 1/4 cup rice which has been washed and cook until tender in a double boiler. Add 2 tablespoons sugar, 1/2 teaspoon salt and 1 cup crushed pineapple and chill. Serve with whipped cream. I buy a can of crushed pineapple and use half for the rice and pineapple pie.

Feeling of ill health caused by changes of weather are due, declares Dr. G. Schorer, a Swiss scientist, to excessive negative charges of electricity in the air, while an excess of positive charges of electricity produce a pleasant, refreshed feeling.

NEW DOMINION.—At the next meeting of the New Dominion Institute each member is responsible for some number on the programme. Mrs. Hector MacLean entertained eight members and seven visitors at the Rebrury meeting. Roll call was answered with Valentine verses. Mrs. Martin MacDonald will entertain the Institute at the next meeting.

FARMER'S WIFE GETS STRENGTH

By Taking Lydia E. Pinkham's Vegetable Compound

Wilton, Ont.—"I am taking Lydia E. Pinkham's Vegetable Compound through the Change of Life. It helps me and I cannot praise it too highly. I was troubled with heat flashes and my limbs were heavy so I could hardly walk to do my farm work. I saw in the newspapers your ad about the Vegetable Compound and thought to give it a trial. The first bottle gave me relief and I have told others what it does for me. I am willing for you to use my letter if you choose."—Mrs. D. B. PETERS, Wilton, Ontario. Ask Your Neighbor

Dorothy Dix Letter Box

Can the Modern Daughter Be Reared to Modesty?—Folly of Trying to Judge a Man's Love by the Look in His Eyes—Is a Woman of 66 too Old to Travel?

Dear Miss Dix—I have the best of husbands, a good home and two small daughters, and the thing that is worrying me sick is about the girls of today. Every time you look at the papers you read of some young girl doing something awful and everybody you meet tells you about how wild girls are, and I would rather die than have my daughters turn out that way. Do you think there is any way to bring a girl up to be sweet and modest and pure in these times? A WORRIED MOTHER.

Answer: Why, of course you can bring your little daughters up to be good women. Lots of mothers are doing that very thing right now and, as a matter of fact, girls aren't half so red as they paint themselves. Remember that it is the few wild women who get on the front pages of the newspapers and who are the subject of discussion among those who know them, while you never hear anything about the good ones who go along and behave themselves properly.

People talk a lot about the difficulties of bringing up children in this age as if the modern youngster was somehow different from all of the boys and girls that have preceded them and as if the rules for rearing children had changed. This is all nonsense. Human nature hasn't altered. Nor has life. There hasn't even been a new temptation invented since the Garden of Eden episode. Children have always been self-willed and determined on having their own way. Youth has always craved amusements and hankered after forbidden fruit. There has always been the sex problem and the drink problem and a hundred different ways to go to the devil.

So you don't face any more difficulties in rearing your daughters than your mother faced in rearing you, and it is up to you to have the backbone to teach your children to obey you and respect you and to have the energy to make your home comfortable and wholesome and respectable and the wisdom to teach your children the beauty and the profit of clean living.

The mothers whose daughters turn out badly are those who have made their homes places of turmoil and fighting out of which the children escaped to the streets to get a little peace from nagging, or the mothers who were so intent on amusing themselves that they had no time to devote to taking care of their children, or the mothers who were so weak that they never enforced any discipline on their children, or held them to doing the right thing because it was the right thing, or taught them any decent principles of living.

Not once in a million times do the daughters of a GOOD mother turn out badly, and by a good mother I mean a strong, determined, loving mother, who breeds the right principles in her children and who teaches them, by precept and example, to be honest and honorable in all their dealings.

So I am glad to see that you are worrying about your daughters while they are still mere babes in the cradle, because that indicates that you will worry to some purpose. Most mothers wait to worry over their daughters until it is too late. You can't control a girl who is 17 or 18 who has been spoiled and indulged and who has never known any law except her own sweet will, but you can start it on a 17-month-old girl baby and make of her what you will.

Every girl in these days has to be her own chaperon. Her mother can't watch her. Her mother can't go with her to the stores and offices where she works, but her mother can arm her against all the perils that she will meet so that she can keep herself safely.

In trying to rear your daughters properly, however, keep abreast of the times. Remember that many of the old conventions are being scrapped and that things that used to be considered immodest and improper are now no longer taboo. Knee-length skirts, for instance, would a few years ago have been considered shocking. Now nobody notices them.

Nor can a girl who supports herself and who has demonstrated her ability to take care of herself in the outside world be treated as was the helpless little girl who had to ask mamma for every new ribbon and depend on mamma to do her thinking for her and take care of her.

So in rearing your daughters avoid being too strict with them as much as you would be too lenient. Teach them obedience, but also teach them to think for themselves and stand on their own feet. Teach them to be modest, but not to be prudish. Teach them to be gentle, but not to be weak. Teach them all the good, old-fashioned, feminine virtues, but also teach them how to take care of themselves in a modern world. DOROTHY DIX.

Dear Dorothy Dix—I am 22 and I have fallen desperately in love with a boy of 20. I have let him know that I love him, and he seemed to be very much astonished. Said he only loved me as a friend and did not want to marry me because I am older and because I have been married—I am a widow. Still, his eyes tell me that he loves me. Must I give him up? S. M. L.

Answer: For heaven's sake don't be idiot enough to put any stress on what you think you see in a man's eyes. They are only mirrors in which you see what you want to see. That yearning look which you think you observe is probably caused by his thinking of the corned beef and cabbage he is going to have for dinner and doesn't in the least mean that he is longing for you. Women always interpret the look in a man's eyes wrongly and think he is soulful when he is merely hungry or wanting a drink.

Don't delude yourself into thinking that any man is hiding a secret passion for you that you can only divine from his eyes. When a man loves a woman she doesn't have to be clairvoyant. He tells her about it.

I am an ardent believer in women having the right to pop the question and ask the man they want to marry them, but when the man says "no," they should be good enough sports to accept his decision the same as a man does when a woman turns him down.

Of course, they also have a man's right to persevere with the wooing if they have any reason to think that the man is likely to change his opinion. However, the overpersuaded seldom make good husbands or wives, so my advice to you would be to let this young man go, and turn your attention to some more promising prospect.

When a man tells a woman she is too old for him and that he doesn't care for warmed-over affection, it is very evident that his feelings for her are platonic, not to say flial, and there is not much chance of that kind of love ever being fanned into a flame. DOROTHY DIX.

Dear Dorothy Dix—The opportunity has come to me to spend six months or so in Europe with a small party for sightseeing and travel. This is a pleasant prospect, but I am a woman 66 years of age and my family and friends insist that going about, change of food, etc., would be too strenuous for me. I am usually well, but, of course, have not the endurance of a younger person. I am a city woman and used to going about. Do you think I dare to go? K. B. W.

Lesson in English

By W. E. Gordon

WORDS OFTEN MISUSED: A "decisive" reply is one that terminates a discussion, a "decided" reply is one that is merely definite. OFTEN MISPRONOUNCED: plimento; i as in "him," e as in "men," o as in "no," accent second syllable. OFTEN MISPELLED: chinchilla. SYNONYMS: generous, liberal, magnanimous, munificent, unselfish, bountiful, free-handed. WORD STUDY: "Use a word three times and it is yours." Let us in-

Answer:

Go by all means. There is no hardship in European travel the way you propose to do it, and if you should have some slight spell of sickness there are good doctors and hospitals everywhere.

So far from injuring you, the change and the interest will benefit your health and the things you learn and see will not only make your life longer but will make it pleasanter as long as you live. I know women in the 70s and 80s who are inveterate globe-trotters. Travel is the solace of age and the one thing left out of which you can always get a kick. DOROTHY DIX.

A Morning Smile

Banker (telephoning): "Mr. Cohen, do you know your account is over-drawn \$17?" Mr. Cohen: "Say, Mr. Banker, look up a month ago. How did I stand then? I'll hold the phone." Banker (returning to the phone): "You had a balance of \$400." Mr. Cohen: "Well, did I call you up?"

crease our vocabulary by mastering one word each day. Today's word: DISPEL; to scatter; disperse. "You should dispel all anxious concern."

Embarrassed by Dishpan Hands



Ill at ease... at her own dinner table

DICK'S 'chief' was pleasant and friendly, but I knew that he had the fastidious standards of a man of culture and wealth.

"I was so eager, as Dick's wife, to meet those standards.

"It was a little thing which upset me—just the merest change of expression on his face... I was pouring coffee, and for the fraction of a second his glance had rested on my hands.

"I knew my hands looked red and rough from housework and dishes—and knew he had noticed them... I became self-conscious, ill at ease.

"Foolishly, perhaps, I felt the evening was a failure.

"Now I know how NEEDLESS it was. Since I have been using Lux for dishwashing, for all cleansing my hands have to do—my hands are soft and smooth and white. I'm never embarrassed now by 'dishpan' hands."

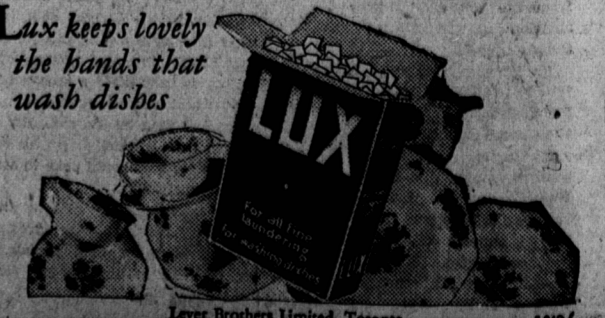
So many soaps—whether flake, chips, or cakes—contain harmful alkali which makes the skin harsh.

There is NO injurious alkali in Lux! Made by a remarkable process—Lux actually SOOTHES the skin, leaves it a little whiter and softer than before."

Dissolving instantly, before you ever put your hands in, a little Lux foams up into a mountain of suds—so rich, so cleansing, the dishes seem almost to wash themselves.

The big package of Lux washes six weeks' dishes. Lovely hands for so small a price!

*Many beauty parlors use Lux in maintaining the nails, to soften and whiten the fingers.



King Mitbridates' Flour Mill—2,000 Years Ago THE original genius who put water power to work is unknown—but to Rome goes the credit for bringing the invention to light. It was by the spoils of war that the Romans first discovered the horizontal, water-wheel flour mills near the castle of King Mitridates of Pontus in the year 65 B.C. The Romans brought these small mills to Rome and erected them on their aqueducts. After the watermills, came windmills, then mechanically driven flour mills. But it is a far advance from the flour mills of even the beginning of the present century to the modern marvels which produce Maple Leaf Flour—a product so expertly milled and so carefully tested that a guarantee of uniformity and satisfaction is given with every bag. Try it for your next baking. MAPLE LEAF FLOUR "Cream of the West"