

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

What the Fashionables are Wearing

By Annabelle Worthington
Illustrated Dressmaking Lesson Furnished With Every Pattern

You'll be wanting a new coat frock for early fall wear. And it must be fashioned of one of the attractive new wools that...



Form for ordering the dress pattern, including fields for Name, Street Address, City, and State.

Beauty Culture

If your neck isn't a slender, lovely column any more, but is crinkling up as though it has held your head steady too long, anyway, mold it back in place. Make your chin line firm again. Start to stretch your neck. Pretend that you want to see things in the distance. Stretch. Use your muscles. Choose hard food to eat, now and then, and chew. When you are alone, go through chewing exercises. If it will help you any to chew some gum, in privacy of course, do it. But make your muscles work. Exercise, nourishment and massage comes next. Tense the neck muscles. Pull your head back until your head is bent as far back as you can pull it. Now force the head forward, slowly but firmly, until your chin comes as near to resting on your breast as you can make it. Ten times every morning and ten times every night should make you proficient at this exercise. Stand erect, bend your head down, rotate it to the right side, as far down to the shoulder as you can bend it, then on back to the left side and then back to the front. Try this 10 times, too. Lie on the floor on your stomach, your whole body perfectly flat. Now raise your neck as far as you can. Rub nourishing creams on your throat if it is crepey. Work your massaging exercises at the back of the neck, as well as on the throat. Use molding strokes as well as massaging efforts. Circulation is speeded up, muscles are strengthened, and new beauty and strength result. Don't take it on the chin. Do something about it. Keep your head high and let your neck be the slender, flexible pillar that holds it there.

SUFFERED FOR FORTY YEARS

Then One Lucky Day She Used Kellogg's ALL-BRAN

Here is great news for sufferers from constipation. Read Mrs. Kendig's voluntary letter: "For about forty years I had been praying for a lasting remedy for constipation and its attending evils. To make it short, I ate nothing but ALL-BRAN and a little 'broth. Since that time (about ten years ago) I have not taken any medicine. Have been well and entirely free from constipation." - Mrs. I. H. Kendig (address upon request). Constipation is caused by lack of two things in the diet: "Bulk" to exercise the intestines. Vitamin B to tone the intestinal tract. Laboratory tests show ALL-BRAN furnishes both. ALL-BRAN also furnishes iron for the blood. The "bulk" in ALL-BRAN is much like that in lettuce. Within the body, it forms a soft mass, which gently clears out the wastes. Isn't it much pleasanter to enjoy ALL-BRAN than to risk taking pills and drugs—so often harmful? Two tablespoons daily will overcome most types of constipation. If you have intestinal troubles not relieved this way, see your doctor. Serve as a cereal, or use in cooking. It is not habit-forming. Recipes on the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.

A Morning Smile

It is related that a man traveling on a train with the late William Wrigley said to him: "Don't you know you are wasting a lot of money?" "In what way?" "Why, in advertising. Your product is so well known now that you don't need to advertise." "My good man," Mr. Wrigley answered him, "do you know what would happen if the engine were shunted off from this train?" "The train would coast a while and then stop, I suppose." "Exactly," said the gum manufacturer, "and that is just what my business would do if I cut off advertising. Advertising is the engine that furnishes the motive power."

Beauty Hints

ARE THOSE WHICH ENHANCE YOUR HAIR AND COMPLEXION

Everybody knows that there are certain colors that enhance a brunet's beauty and have a devastating effect on blondes, just as there are colors that will see that a blonde can do for a blonde and refuse to offer any assistance to the darker-skinned girl. The same thing applies to the cosmetic world. You may spoil your charm by using a rouge that was never intended for your face, or eyeshade that doesn't belong on your eyelids. For Blondes If you are blonde, with fair skin, and blue, or gray-blue eyes, your powder should have a flesh tone to it. Your lipstick should run to rose instead of red. Blue or orchid eye-shadow will give your eyes the dusky light that throws glamor across a face. Brunets, whose skins are darker, and whose eyes are brown with a gray or green touch, need a powder that is warmer, a lipstick that is brighter, and green eye shadow. If you are a blonde, make up your face with various shades, until you find the face that you prefer to have reflected from the looking glass. Then cultivate it. If Red-Haired If your hair is red, your skin is fair, and your eyes are blue, you may follow the same cosmetic design that the blonde with the blue eyes does, only your lipstick should be more of a medium shade. If your eyes are brown, the brown-eyed blonde will act as a model for you. The deep flaming colors that add a gay note to a brunet's ensemble are disappointing on blondes, and the clash is so startling when they appear on the frock or hat of a girl whose hair has Auburn tints that they grow gaudy. Blonde and Auburn-haired girls should develop their own hair, and let it sparkle. Cosmetics run true to the clothes color chart. Find your color line, then use it.

Nurse Tells How To Sleep Sound, Stop Gas

Nurse V. Fletcher says: "Stomach gas bloated me so bad I could not sleep. One spoonful of Adierka brought out all the gas and now I sleep well and feel fine." - Hughes Drug Co., Ltd.

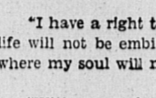
Round Your A's Slur Your R's

The letter "r" is an important one in the alphabet, but it gets too much of a play in most voices. It shouldn't be emphasized. It should be glided over, as if it did not matter, anyway. For instance, when you say "good morning," if you force the "r" into it, your voice strains. But if you practice the "morning" in two parts, and spell the first syllable as though it were "maw," you will give the effect of a light "r" without doing anything drastic about it. Prolong the syllable. This helps. No one will think you are affected. The expression has a nicer sound—that is all. Of course, before a word which with a vowel— a, e, i, o or u—you will say the "r." If you keep your tongue where it should be, at the base of your lower teeth, and let the tip do the talking when you raise it, your "r's" will naturally go where they belong. Don't raise the tongue for an "r." The first letter of the alphabet spoils some voices, too. Instead of being said as it should be, it grows so flat that it fails. It makes voices whine. You may be as cultivated as anybody could ever want

Describes Debt to Youth Dorothy Dix What Do Parents Owe Their Children?

Every Child Has a Right to be Born of Healthy Parents, to be Well Brought up, to be Taught the Rules of Success in Life and, Above all, to Develop its Own Individuality, Says Dorothy Dix

Parents are so busy trying to collect the debt of gratitude and love and honor and support in their old age that they consider that their children owe them that they forget that they have any obligations to their children and that their children have a right to expect certain things of them. Yet every child might say to its father and mother: "I have a right to be well born of healthy parents who will give me clean blood unclouded by disease. I have a right to expect that my parents will give as much consideration to my heredity as they would to the pedigree of a dog. I have a right to expect that my parents will give me a fighting chance in life and not predestine me before I am born to failure because I inherit a weak and sickly body and jangled nerves or a poor brain. "I have a right to be brought up, in a peaceful home, where my young life will not be embittered by constant quarrels between my parents, and where my soul will not be poisoned by living in an atmosphere of hate. "With your relation to each other I have nothing to do. You brought me into the world to please yourselves and through no volition of mine, and you owe it to me to sink your personal differences, if you have any and provide me with an environment in which I can develop into a normal human being. "I have a right to the two parents that God ordained that I should have. I have a right to a mother's love and tenderness and to a father's strength and wisdom and guidance. "I have a right to a mother to hear my prayers, and a father to teach me how to avoid the pitfalls that the devil lays for me. When you take either parent from me I have only half a chance to win out in life, and so whether you are affinites and soulmates or not, it is your obligation to me to stay together and give me the benefit of a united family circle until my vital need of it is over. "You owe it to me to give me companionship in the formative years that determine a child's whole future. You have no right to turn me, a plastic little creature, over to servants and hirelings to form my ideals and set the pattern of my life. Nor have you the right to chuck me out on the street to fend for myself like a stray kitten. "What I will be and do in life will be practically settled before I am 10 years old, and I have a right to expect that you will, at least, start my feet in the right direction and not trust my fate to chance and luck. "I have a right to expect you to bring me up properly. Nearly every failure in life, nearly every convict behind the bars, nearly every drunkard in the gutter, nearly every girl in a brothel, nearly all of the whining peevish, discomfited people in the world are the result of their parents having failed in their obligations to them. "For who are the failures but the weaklings whose parents never disciplined them or developed any strength in them? Who are the murderers but those who were never taught to control their tempers when they were children? Who are the drunkards but those who were permitted to indulge their appetites as children? Who are the girls of the street but the pretty, petted, spoiled darlings who were never denied any desire, or taught to respect any law but their own sweet wills? I have a right to expect you to save me from being one of these human derelicts. "You are wiser and older and have seen more of life than I have, and I have a right to expect you to teach me the rules of the game, how to govern myself and control my passions, because thereby alone may I achieve happiness and success. "I have a right to expect you to teach me habits of thrift and industry because that is the road to prosperity. I have a right to expect you to teach me how to get along with people, how to dress, how to be tactful and well-mannered because the poor is always hopelessly handicapped and outclassed. "I have a right to expect you to prepare me for life and to teach me about the dangers to which youth is exposed and to protect me against the fatal follies into which adolescence can fall. You have no right to let me wreck my life through ignorance, or through lack of warning of the dangers that beset the path I must travel. "I have a right to your friendship. I have a right to be on such terms of confidence with you that I can open up my heart to you and tell you of my fears and doubts and perplexities, and my hopes and aspirations. It is not enough for you to give me a luxurious home, fine clothes and sport cars. You have given me nothing if you have not given me yourself and I am defrauded of my just dues from my parents. "Finally, I have a right in the end to my own life. Because I am your child does not make me your slave. Nor does it make me a rubber stamp of yourself. I have my own personality and individuality that may be so entirely different from yours that we have little in common. "This being true, you have no right to pick out my occupation for me, or choose my wife or husband, or to try to hold me bound to you after I am grown. Then I have the right to expect that you will be at least as wise as the birds and leave me free to use my own wings. These are some of the debts that parents owe their children and that alas, are often never paid. DOROTHY DIX.



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"With your relation to each other I have nothing to do. You brought me into the world to please yourselves and through no volition of mine, and you owe it to me to sink your personal differences, if you have any and provide me with an environment in which I can develop into a normal human being. "I have a right to the two parents that God ordained that I should have. I have a right to a mother's love and tenderness and to a father's strength and wisdom and guidance. "I have a right to a mother to hear my prayers, and a father to teach me how to avoid the pitfalls that the devil lays for me. When you take either parent from me I have only half a chance to win out in life, and so whether you are affinites and soulmates or not, it is your obligation to me to stay together and give me the benefit of a united family circle until my vital need of it is over. "You owe it to me to give me companionship in the formative years that determine a child's whole future. You have no right to turn me, a plastic little creature, over to servants and hirelings to form my ideals and set the pattern of my life. Nor have you the right to chuck me out on the street to fend for myself like a stray kitten. "What I will be and do in life will be practically settled before I am 10 years old, and I have a right to expect that you will, at least, start my feet in the right direction and not trust my fate to chance and luck. "I have a right to expect you to bring me up properly. Nearly every failure in life, nearly every convict behind the bars, nearly every drunkard in the gutter, nearly every girl in a brothel, nearly all of the whining peevish, discomfited people in the world are the result of their parents having failed in their obligations to them. "For who are the failures but the weaklings whose parents never disciplined them or developed any strength in them? Who are the murderers but those who were never taught to control their tempers when they were children? Who are the drunkards but those who were permitted to indulge their appetites as children? Who are the girls of the street but the pretty, petted, spoiled darlings who were never denied any desire, or taught to respect any law but their own sweet wills? I have a right to expect you to save me from being one of these human derelicts. "You are wiser and older and have seen more of life than I have, and I have a right to expect you to teach me the rules of the game, how to govern myself and control my passions, because thereby alone may I achieve happiness and success. "I have a right to expect you to teach me habits of thrift and industry because that is the road to prosperity. I have a right to expect you to teach me how to get along with people, how to dress, how to be tactful and well-mannered because the poor is always hopelessly handicapped and outclassed. 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Short Cooking Time Ample For Fish Says Specialist In Cookery Methods

Trained Women on Staff of Dominion Department of Fisheries Talks Interestingly of Ways of Preparing Fish Foods for Family Table and Mistakes to Avoid.

"What is the most common mistake in fish cookery?" The question was put to Mrs. Evdene Spencer, cookery