

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

Home Has More Danger Than Savages of Brazil

JOHN J. WHITEHEAD, explorer and lecturer, has just returned from eight months in the jungles of South America, where he was searching for traces of the lost Colonel Fawcett and his son.

Dangerous as he found the jungle, he encountered a worse danger at home. But let him tell it.

"One of the great problems of a trip of this kind is keeping in healthy condition. When we started, some of the members of the party had laxatives with them, but made wise by experience I carried Nujol. All too quickly my stock ran out. Soon I was in bad shape—what with a diet of rice and beans, lacking vitamins and green vegetables.

"When we finally got back to civilization, entertained first in Brazil and later in the United States, I became positively ill. Severe stomach pains and poor elimination made me realize that Nujol would again prove the reliable, trusty keeper of health. Sure enough, with the first bottle the trouble disappeared.

Don't think Nujol is a medicine. It is as tasteless and colorless as clear water. It brings you, however, what your body needs like any other machine—lubrication. Just as a good bath washes our bodies clean, Nujol



John J. Whitehead, explorer and lecturer, with a Jungle Warrior

sweeps away, easily and normally those internal bodily poisons (we all have them) that make us feel dull and headachy and sick. Nujol cannot hurt even a little baby; it forms no habit; it contains not one single drug. Doctors and nurses use it themselves and tell you to use it, if you want to be well.

Take Nujol every night for two weeks and prove to yourself how happy and bright and full of pep you can be, if your body is internally clean. Get a bottle today at any drug store. It costs but a few cents, and makes you feel like a million dollars. Start traveling the health-road to success and happiness—this very day!

Milady Beautiful



REJUVENATING FACIAL PACKS

Many women suffer a great deal in early springtime from sensitive, dry, scaly and rough skin which is aggravated to a certain extent by the dry atmosphere of the home as well as the cold winds out of doors. Even with the special care and attention which has been given during the winter months the skin appears dull, rough and cloudy as the mild weather approaches and the warm spring sunshine reveals its defects.

Rejuvenating facial packs are not new by any means, but they have grown in popularity in the past few years in a modern version made by manufacturers of creams and cosmetics.

These facial treatments, which were used by the early Greek and Egyptian ladies of wealth but which were unobtainable by the rank and file of women are enjoying a revival, and they are now within reach of every woman.

When the complexion seems to be cloudy and rough and lacks a velvety texture, the facial pack is useful for toning up the skin. The tightening and drawing of the skin that you feel brings the blood up to the surface by shutting off the air for a few minutes. The local action removes the dead and dying scales or cells from the outer skin, thus exposing the fresh, healthier layer beneath and revitalizing the tissues of the skin.

It gives color to the skin and removes the sallowness through the active stimulation of the blood circulation. The gentle massage tones up the facial muscles and the astringent properties temporarily remove the wrinkles and bleach the skin slightly. Rejuvenating facial packs are restful and refreshing and remove that tired expression so detrimental to beauty. They cleanse and soothe the skin.

Before beginning the facial treatment, bind a towel about your head to protect your hair. Next apply a cleansing cream or oil to remove the surface dust and make-up. Apply the cleansing cream generously with the tips of the fingers and massage with gentle upward movements. Then remove the excess cream with a tissue square, absorbent cotton or a clean piece of old cheesecloth. Apply a cleansing lotion to remove all fatty substances from the surface of the skin and then wring out a Turkish towel in hot water and hold it over the face and neck. Repeat the hot application twice. Blot the skin dry and apply your tissue cream, skin food or special massage cream: massage the face and neck for several minutes, using the light, upward patting and stroking movements. Massage the chin, cheek, neck, forehead and around the eyes. To massage around the eyes use the first two fingers of both hands, place the finger tips directly beneath the eyes and press gently around the outer corners and upward, following the contour of the eye. Massage the creases at the temple and the frown lines.

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How to Win a Wife Dorothy Dix

When You Go Courting, Never Go Humbly But if You Were Born Meek You Can Win Your Sweetheart by Asking Forgiveness of Your Dark Past or by Camping on Her Doorstep Until She Gives in

A young man who frankly admits that he has been successful in his love affairs wants to know how to win a woman. Well, son, there are no set rules for courting. It is a matter of the inspiration of the moment and the reason that a lot of men fail to get the wives they want is because they didn't have the right hunch at the right time.

They were humble when they should have been masterful. They told home truths when they should have let go all hold on veracity and lied like Ananias. They popped the question in the middle of a meal when their mouths were full of mashed potatoes and rare roast beef instead of sentiment, and so their Lady Loves said "No" instead of murmuring "Yes."

No sheik has ever yet charted out a high road to a woman's heart and put up signboards that say, "Take this turn to the right," or "Avoid that detour and you cannot fail to arrive at your goal." Every girl is different from every other girl and must be approached in a different manner, so every man has to adapt his technique to the occasion and use the treatment that the particular case seems to indicate, as doctors say.

Probably the best and most effective general all-the-way-round method of wooing is the cave-man style. In her secret soul every woman wants some brutal lover who will be so mad for her that he will knock her down with a club and drag her by the hair of her head to his lair if that is the only way of getting her. Every woman wants to be swept off her feet by some man who will dominate her and who will marry her in spite of herself and who will make her believe that he will commit murder upon any other man who comes near her.

So, when you go courting, son, never go humbly. Never abase yourself before a woman if you want her, because no woman can ever resist the temptation to kick the man who is kneeling at her feet or to refrain from tramping on one who makes of himself a doormat before her. It is the bold men, the strong men, the arrogant men that women fall for.

If you beseech a woman to name the wedding day, she will keep putting it off, but if you announce to her that she will marry you on next Thursday she may say that she won't be ordered about and she won't do it, but come Thursday she will be waiting for you at the altar with her wedding veil on.

Curiously enough, next to battering down the door to a woman's heart and entering in and taking possession, the best method of approach is by way of the confessional. If few women can resist the cave man, no more can they resist the penitent. There is something about a black sheep that just naturally appeals to them and makes them want to take him to their bosoms and make a pet of him.

Perhaps it is the maternal in them that makes them want to shelter and protect a poor, weak, helpless creature who can't stand alone in the world. Perhaps the man's allure for them is the field he offers for woman's eternal mania for reforming things. Perhaps there is always something romantic, especially to a very good woman, in a dark, sinister past filled with sins that she cannot even guess at.

At any rate, for whatever reasons, the undesirable and the intelligent have a fatal attraction for women. There is no surer way of winning a woman's interest and her affection than by telling her a hard-luck story, and even although a man confesses to half the crimes in the calendar, if he makes a woman believe that she alone can reform him, it is all over except sending out the wedding cards.

If women like to be wog in a whirlwind courtship, they likewise succumb to a patient siege. Therefore, a man is foolish who gets discouraged when a girl refuses him the first five or six times he asks her to be his.

If he wants her, all that he has to do is to camp on her doorstep and be always Johnny-on-the-spot. Thus will he establish himself as a habit with her.

And without knowing it she will become dependent upon his society, upon his fetching and carrying and making life pleasant and agreeable for her. Also, without her noticing it, he will drive other suitors away and then when he judiciously absents himself she will realize how empty life would be without him and gladly cast herself into his arms.

Millions of men wear out women's sales resistance by their persistence and marry girls who swore that they would never marry them, and live happily ever after.

Of course, all girls like to be flattered and told how beautiful and wonderful they are and they lend a willing ear to the man who is a glib love-maker. Also, they fall for the romantic stuff, but if you feel that nature didn't fit you to quote poetry and build verbal castles in Spain, go in heavy for the fifty-fifty partnership marriage stuff. That goes wrong with the modern girl, for it leads her to believe that you will help her wash the dishes and roll the baby carriage and come across with a regular allowance.

Also remember that whether a girl says "yes" or "no" when you pop the question depends to a large extent upon how and where you do it. Never propose to a woman in her hour of triumph when she is looking her best or when she has on a new dress or has just had a raise in salary. Then she is sufficient unto herself and wants to be bothered with no man. Wait until she is tired and her hair is out of curl and things have gone wrong at the office and all she wants is some man's shoulder to cry on and some man to lean on.

And never propose in a crowd or in the midst of a meal or when you are crossing the street. It is a woman's great moment and it makes her so mad to have it muffled that she can't resist saying "no," no matter how much she wants you.

But, son, if a girl loves you and wants you, any old style of courting will do.

For cities buried in the clouds The winds dig up; winds never wait." —Israel Newman, in the New York Nation.

The Post's Corner CLOUD CITIES "They will not share the mouldering fame Of cities buried in the dust. These cities that the cranes pile up On girdled steel immune to rust. They will not rot dim centuries Till men exhume dome, tower, and gate;

Fletcher's CASTORIA FOR QUICK, HARMLESS COMFORT Children Cry for It

WHO ARE YOU? A Pratt? The Romance of Your Name By RUBY HASKETT'S KILLS



The name of Pratt may not be "as old as the hills," but is almost "as old as the meadows," since it is derived from the Latin word "pratium" meaning meadow, or the French "preux," meaning prairie. The motto on the arms translated means "the flowery meadows smile." The name has been spelled variously, Pral, Pratte, Pratiella, Prats.

It appears that the name was used by a number of persons in France and Southern Europe. In 1086 one Le Sire de Preux is found to have accompanied William the Conqueror to England and fought in the battle of Hastings. He was in possession of the Barony of Pratiella, near Rouen, in Normandy. In the latter part of the eleventh century he became interested in the Crusades to the Holy Land and became an active warrior for the Cross.

John de Pratiella was a Minister of Richard Coeur de Lion and a favorite of the Crusader King. John, with his brother, Peter Pratiella, were among those to witness the granting of the charter at Runley. Peter was an hereditary standard bearer of the King.

The early American Pratts settled in New England and others in Gloucester and Norfolk Counties, Virginia.

George Dwight Pratt of Springfield, Mass., philanthropist, is among a host of prominent personages of the name in recent times.

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Kellogg's PEP BRAN FLAKES are better bran flakes

Made in Canada ... and this little girl went to market "Fraid I can't stop and talk very long just now. Mother told me to hurry back. You won't think badly of my manners, if I do? Oh yes, we always get both kinds of Bon Ami. Mother tells me, Remember, Bonnie, get both the Powder and Cake. But she doesn't have to, 'cause I get so much fun in cleaning with both of them. Mother and I go round the house together, cleaning the white woodwork, windows and mirrors with the Cake; and the bathtub and all the have-to-be-shiny bathroom tiles with the nice, soft Powder. I never get tired with Bon Ami—it's so easy to use. BON AMI LIMITED, MONTREAL

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LAT MORE STEWART'S Jimmie Jingle Says: Lots of folks are heard to say, It's the bread for every day. —Stewart's Bread.

FOR EVERY DAY

What! No Labor Laws for the Housewife? Barbers and bricklayers have their hours. So have clerks and carpenters. But pity the poor housewife. She must work 'till her work is done. And "women's work is never done"—that is, in homes where electricity doesn't help with the housework. A jack-of-all-jobs, electricity performs many useful services in the modern home. The electric vacuum cleaner rushes through the cleaning while the electric washer whisks the weekly wash to the line in half the time it would otherwise take. And in the kitchen, an automatic electric range gets dinner almost by itself and the electric refrigerator freezes dainty desserts to delight the family. If you are not already making full use of your electric service, investigate the many available time and labor-saving appliances. Maritime Electric Company, Limited of the Associated Gas and Electric System Charlottetown Prince Edward Island