

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

My Lady Beautiful



BEAUTY QUESTIONS ANSWERED

Oil for Dry Hair

Dear Miss Leeds—(1) My hair used to be blond and oily, but now it is darker and very dry. I have it marcelled every three or four weeks. Does this cause the dryness? Are hot-iron treatments helpful, and what kind of oil should I use? (2) I am 17½ years old, 5 feet 2½ inches tall and weigh 112 pounds. My measurements are: Bust, 32; waist, 22; hips, 36½; calf, 14½; ankle, 9. Are these right? (3) I am having a lot of trouble with my fingernails lately. They keep splitting and do not grow well. (4) When you have cleansed your face with cream and have washed it at night, do you put on an astringent? Is witch-hazel good? Is bleaching cream good for a skin that is a little tanned? A CURIOUS GIRL.

Answer—(1) It is natural for light hair to grow darker. You are not a pure blonde, so that, if you wish to have golden hair again, you must resort to bleaching. The bleaching would make your hair even drier, however, so that it would be a better plan to let it remain its natural shade of ashen blond or light brown and take the warm-oil treatments. Before each shampoo saturate your hair and scalp with the oil, which may be a mixture of equal parts of olive oil and castor oil. Wring out a towel in hot water and wrap it tightly around your head to steam the oil in. Repeat the hot application six times; then shampoo your hair with pure Castile soap liquid. I do not think that having the hair marcelled only once in three or four weeks would cause the dryness unless the operator uses a very hot iron. The cause of the dryness is probably some internal condition. The fact that your finger-nails are also dry and brittle bears out this opinion, since nails and hair are similar in nature. You are a little underweight. I would advise you to have a thorough physical examination by a doctor and find out what the underlying cause of your trouble is. You may need a change in diet or some medicine.

(2) The average weight for your age and height is between 114 and 119 pounds. Your waist is rather slender and your calves and ankles are a bit large. Your bust might be a little larger, but the hip measure is good for your type. (3) For a local treatment for the brittle nails soak them in warm olive oil for ten minutes a day. At bedtime squeeze a little cold cream under the free ends of the nails and leave it there overnight. As I said before, this condition is due to internal causes, which must be located and treated by a doctor. (4) After the face has been creamed and washed, you may either use an astringent lotion to close the pores or a very cold water or ice. Witch-hazel is a good, mild astringent. Yes, bleaching cream is good for a tanned skin. LOIS LEEDS.

Buttermilk for Reducing

Dear Miss Leeds—Is buttermilk fattening? I drink a pint daily, with Graham crackers, for my lunch down at the office. I am 20 years old, 5 feet 3½ inches tall and weigh 125 pounds. How can I reduce? A READER.

Answer—Buttermilk is not fattening compared with whole milk. There are 80 calories in an average glass of buttermilk or skim-milk, while there are 160 in the same amount of whole milk. A pint of milk should be included in one's daily diet, either as a beverage or in cooked foods. You are only two or three pounds above the average weight for your age and height. Instead of cutting down on your diet, take more exercise to trim down your figure. Take setting-up exercises for ten minutes, night and morning. Walk four or five miles a day. Exercise outdoors during weekdays and holidays. LOIS LEEDS.

THE SECRET of Skin and Hair Loveliness

IN THE regular daily use of Cuticura Soap and the occasional use of Cuticura Ointment, women everywhere have discovered the secret of natural beauty. The Soap, fragrant and pure, to cleanse; the Ointment, antiseptic and healing, to remove pimples and irritations. BOTTLES 25c. Ointment 50c. and 50c. Tubes 25c. Sample each free. Address: Cuticura Dept., J. C. White Co., Ltd., Montreal.

Social Gathering At Wolfville

Wolfville, the beautiful, has long been recognized as one of the foremost residential towns of Nova Scotia. Its beauty of situation, its stately campus and splendid buildings, combine with well kept streets and attractive homes to make a town of which any citizen may well be proud. A recent addition to its comfort and well-being is the transformation of the former DeWolf property on West Main street into an apartment house of seven apartments. This has been accomplished by our enterprising townsman, Karl Borden, with the assistance of Leslie Fairn as architect. To change the stately old Colonial home into modern apartments without destroying the exterior symmetry of the edifice was no easy matter, but it has been done, and when it receives its new coat of white paint and its green shutters, it will not look unlike its appearance when built over a hundred and fifty years ago. How surprised the old-time builders would have been, if they could have glimpsed the renovated house as it stands today! Light, heat and water appear by a simple turn of the wrist; ice is made in warm rooms by some unseen process; sun pours into glass enclosed porches. The candle stick and brick oven have had their day, and a useful day it was. But modernity insists on its machine-made comforts. The apartments received their friends from eight to ten in the evening. The hosts and hostesses were: Prof. and Mrs. Harriman, Mr. and Mrs. Leslie R. Fairn, Prof. and Mrs. C. W. Small, Mrs. Joseph Bancroft, Mr. and Mrs. Warren and Mrs. Faye Stuart. The house, brilliantly lighted, was open for inspection and an informal friendly evening was enjoyed. Orchestral music was furnished by the Misses Miriam and Kathleen Bancroft, Miss Enid Watkins, Mr. Ian Dron, Miss Ethel Shaffner gave two pleasing voice selections. Dainty refreshments were served in the east living room of the third story apartment. Mrs. A. N. Marshall, Mrs. Merle Bancroft, Mrs. W. T. Osborne, Mrs. Roy Forbes, Mrs. Cohoon served the punch, while those assisting were Miss Fairn, Miss Ledford, Miss Caldwell, Miss Chambers, Miss McArthur and Miss Forbes. Charles Harriman opened the door, while the guests laid aside their wraps in the east and west apartments of the first floor. The decorations and flowers were in accordance with the Valentine motif and were most attractive. The opportunity of a glance backward into the past, joined with the pleasures of the present, afforded an unique evening which will long be remembered in Wolfville.

The Mr. and Mrs. Warren referred to above recently moved to Wolfville from Charlottetown, where Mr. Warren is in charge of the Acadia University grounds and greenhouses. Mr. Warren was formerly employed at the Experimental Station here. The Mrs. Harriman also referred to was formerly a Miss Proffitt of Alberton, P. E. I., moving from there with her family to Worcester, Mass., when only six years of age.

Household Hints

By Roberta Lee

White Marks on Furniture

To remove white marks from furniture caused by heat or water, hold a hot iron near them, but not near enough to burn or scorch. Crisp Lettuce. Lettuce can be kept crisp and fresh for several days if it is washed and separated, put in a tin bucket and closed air-tight. Silver. A little milk added to the water in which silver is washed will help to keep it bright.

Buttermilk for Reducing

Dear Miss Leeds—Is buttermilk fattening? I drink a pint daily, with Graham crackers, for my lunch down at the office. I am 20 years old, 5 feet 3½ inches tall and weigh 125 pounds. How can I reduce? A READER.

Answer—Buttermilk is not fattening compared with whole milk. There are 80 calories in an average glass of buttermilk or skim-milk, while there are 160 in the same amount of whole milk. A pint of milk should be included in one's daily diet, either as a beverage or in cooked foods. You are only two or three pounds above the average weight for your age and height. Instead of cutting down on your diet, take more exercise to trim down your figure. Take setting-up exercises for ten minutes, night and morning. Walk four or five miles a day. Exercise outdoors during weekdays and holidays. LOIS LEEDS.

THE SECRET of Skin and Hair Loveliness

IN THE regular daily use of Cuticura Soap and the occasional use of Cuticura Ointment, women everywhere have discovered the secret of natural beauty. The Soap, fragrant and pure, to cleanse; the Ointment, antiseptic and healing, to remove pimples and irritations. BOTTLES 25c. Ointment 50c. and 50c. Tubes 25c. Sample each free. Address: Cuticura Dept., J. C. White Co., Ltd., Montreal.

Dorothy Dix Letter Box

Difficulties of Adjustment Between Bride and Groom—Has a Doctor's Wife Cause for Jealousy?—Encouragement for Boy Who Wants to Join Navy

Dear Miss Dix—I am a woman of 25 and have been married to a man I adore for almost a year. Several months ago he told me he no longer loved me and said he wanted me to give him a divorce, but because I love him and because of my craving for a pretty home, such as we have, and my fondness for housekeeping I have let matters drift along.

My husband has never mentioned the divorce problem further. He seems contented and is good to me, and we go out and have a lot of fun together occasionally. There is no other woman that I know of. What shall I do? Am I entitled to alimony if I get a divorce? I am not a gold-digger, but I gave up a high-salaried position to marry my husband. I also had a fair-sized bank account, which I spent on fixing up our house, and now I have no money of my own. I still love my husband in spite of all, but I cannot stay if I am not wanted of loved, so I am getting out soon. Can you advise me? UNHAPPY.

Answer: It seems to me that in your particular case absence is the remedy indicated by the symptoms. Perhaps your husband is only suffering from the reaction that comes from courtship being over, just as the cessation of a fever often leaves a patient subnormal in temperature.

Of course, if he had fallen in love with some other woman that would be one thing, but apparently nothing of the sort has happened. Or if you had done something to disillusion him or had failed to make him a comfortable home, that might give him some excuse for wearying of matrimony so soon, but neither of these things has occurred. So it looks as if he had just gotten into a sort of panic over realizing that he has assumed the obligations of matrimony, and over losing his freedom, and he feels that he just must break his bonds and be free once more.

So my suggestion to you is to propose to him that you go away for a year, and that will give him time to think it over and see if he really has fallen out of love with you, and if he does want a divorce. The chances are that long before the time is up he will miss you and miss his home, and want you to come back to him.

As far as the alimony is concerned, I think that the fair thing will be for your husband to return to you the money you spent on the house, and to give you an adequate support until you can get back to work again. If he is a man of means he should be chivalrous enough to do this gladly, and to add to it a generous gift, because he should like to feel that he is making you some compensation for the disappointment, and hurt to your pride and heart, that his fickle and unstable nature has caused you.

However, I feel that a young, healthy, intelligent woman, who has proved herself self-supporting, should be good enough sport to take the hazards of marriage just as a man does, and if she loses out just to charge it up to lady luck and let it go at that.

I feel that there is something very degrading to a woman in forcing a man who has tired of her to keep on paying money for her support when she knows that it makes him hate and loathe her, and that he begrudges her every cent that she wrings out of him. I think there is nothing more unjust to men and more humiliating to women than our alimony laws, and we should have enough intelligence to change them.

The only woman, in my opinion, who is entitled to alimony is the wife who has lived with a man for many years and who has worked and saved and scrimped to help him build up his fortune. Then, if he wearies of her and wants to divorce her, she is entitled to half of whatever money he has because it is hers by right. She has helped earn it. If, by reason of having a houseful of children to support, they have been able to accumulate no property, she is still entitled to a part of his earnings because she has given to him her service during the years in which she might have learned a trade and become self-supporting.

Before any woman can collect alimony, however, she should have to prove by disinterested witnesses that she has been a good wife and has done her part toward making her husband a happy and comfortable home. The poor housekeeper, the nagger, the jealous fury, the woman who rushes to Reno and gets a divorce because she has decided her husband isn't her affinity, the woman who doesn't even try to make a go of marriage, has no right on earth to expect her ex-husband to go on supporting her the balance of her life.

News that women stand on the same platform with men in politics and business they should also be equals with them in matrimony and take just the same risks as men take, sentimentally and financially.

Believe me, if there was no alimony there wouldn't be nearly so many divorces. DOROTHY DIX.

Dear Miss Dix—I am thinking of getting a divorce from my husband not because he has done anything that is wrong but because I am so jealous of him I feel that it is wrecking my mind. He is a doctor and he absolutely refuses to tell me anything about his patients. If he would only discuss his work with me in a nice way, but he keeps everything a dark secret and I can only suspect the worst. As I say, he seems devoted to me and never notices other women, but how do I know whether he makes love to his women patients or not? No woman should marry a doctor if she loves him. It drives her crazy to think of her husband visiting his women patients and of all they are telling him, revealing the very secrets of their hearts. Don't you think I would be better off if I got a divorce? A DOCTOR'S WIFE.

Answer: I don't know about your being better off if you got a divorce, but I am certain your husband would be. I should think he would be the crazy one, having to deal with the suspicions of a neurotic woman who spends her time torturing herself and him. It is hopeless, of course, to appeal to the reason of a jealous woman, because if she had any common sense she wouldn't be jealous without cause, but can't you see how silly you are to work yourself up into a fury over nothing?

Can't you see that your husband cannot discuss his patients with you and that if he blabbed to you all about Mrs. Jones' gaiter and that he had detected the signs of tuberculosis in pretty Mary Smith and that he was treating some old bachelor's rheumatism and that what was the matter with some old clubman was gluttony, that he soon wouldn't have any patients nor be able to provide you with the nice house and the good car and the pretty clothes you enjoy so much? For nobody wants their pains and ailments gossiped around among their acquaintances.

As for a doctor having more temptations than other men because he is thrown more intimately with women, it works just the other way around, and there is no other class of men in the world so disillusioned with women as doctors.

Other men see women when they are looking their best, when they are well and cheerful and interested in every word you say. The doctor

A Notable Poem

We Canadians, and especially the people of this Island, are apt to be dazzled by the activity of our great neighbour to the South, both in the domain of industry and intellect. We forget the rock where we were hewn; the glitter blinds us to the larger lustre of the great Empire of which we are a part, and whose hegemony will, if we are true to ourselves, at last be ours.

Little as we imagine it, a higher general level of intellect prevails in the Old Land, and in proof I will give an instance or two before quoting the poem referred to in the heading, a poem written, remember, by an English servant girl, a kitchen maid, nineteen years of age.

Two years ago the Hymn Society of New York announced a competition, one hundred dollars being the prize, for the best words for an Aviators' Hymn. Some hundreds of compositions were entered but the prize was carried off by an English girl with the following—

AVIATORS' HYMN. God of the shining hoets that range the sky, Lord of the seraphs serving day and night, Hear us for these, our squadrons of the sky And give to them the shelter of Thy might.

Thin are the arrows of the storm-cloud's breath, Thin, too, the tempest and the zephyr still, Take in Thy keeping those who, facing death, Bravely go forth to do a people's will.

High in the trackless space that paves Thy throne Claim by Thy love these souls in dangers thrall; Be Thou their Pilot thro' the great unknown, So shall they mount as eagles and not fall.

Last year the Society offered a similar prize for the best tune to the hymn, and appointed Sir Tertius Noble, organist of York Cathedral, and two others, whose names have escaped me, as judges. This time the prize was won by an organist in New York, whose style must have appealed to Sir Tertius, since it closely resembled his own. The tune was harmonized well, but it was entirely medieval in its cadences and too much like a 'plain-song' to be of congregational use. Of such good melody and harmony was an English girl's effort that the Society gave an extra prize of twenty-five dollars. To conclude I give a poem and comments from the Literary Digest of this month:—

"The following poem has been popular in England for some time, tho known only in part. This is according to Public Opinion (London), from which we quote it and also its interesting history

"It was written eight years ago," says the Daily Chronicle, "by Cecily Hallack, author of 'Beardless Counsellors' and 'Candlelight Attie,' as a message to a girl friend who complained that domestic drudgery was spoiling her hands for violin playing. 'A typewritten copy of the poem, without the name of the author attached, was dropped into the letter-box of a clergyman. This led to three verses of it being published in The Home Missioner, where it was seen by a maid in service in the Midlands. 'So perfectly did it express her own ideas that she dreamed she had composed it herself! 'As 'the work of a servant of nineteen years of age,' it found its way into the hands of a noted London preacher, who quoted it in a lecture, and caused it to be printed in his magazine.

sees when they are sick and haggard and ugly and peevish and fretful and unreasonable and so self-centered that there is not a thing on earth that they care for but themselves, nor a thing of importance to them except their own particular pain.

I should say that no other wives have so little cause to be jealous as doctors' wives. But no woman should marry a doctor, or any other man, who is insanely jealous. DOROTHY DIX.

Dear Miss Dix—I am a boy of 20 and am crazy to join the navy, but my people and my friends jeer at me and say that I would just be throwing four years of my life away. What do you think? PATCHES.

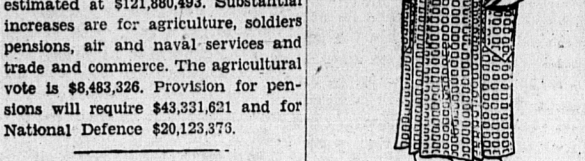
Answer: I think it is a fine thing for any boy who desires to, to join the navy. In your four years you would see much of the world that you would not otherwise see.

You will get valuable human contacts. The drilling and the discipline and the sea life will develop you physically and you will have a chance of learning any one of forty different trades by which you can earn your living when your time is over. More than that, there is a system of re-enlistment that any recruiting officer will explain to you by which, by the time you are 45, you can secure yourself an independent living. DOROTHY DIX.

THE LAND WE LOVE

CANADA'S ESTIMATES FOR 1929-30 Q. What are Canada's estimates for 1929-30? A. The Dominion Minister of Finance, Hon. Jas. A. Robb, places the Federal estimates for the fiscal year of 1929-30 as main estimates at \$391,507,840, an increase of over 5 millions over 1928-29, with supplementaries yet to come, which will probably bring the total to over \$400,000,000 interest on the public debt is estimated at \$121,880,493. Substantial increases are for agriculture, soldiers pensions, air and naval services and trade and commerce. The agricultural vote is \$8,483,326. Provision for pensions will require \$43,331,621 and for National Defence \$20,123,373.

A Fashion Hint



A Morning Smile

Country Lady—I've been expecting a packet of medicine by post for a week, and haven't received it yet. Post Office Clerk—Yes, madam. Kindly fill in this form, and state the nature of your complaint. Lady—Well, if you really must know—it's indigestion.

Etiquette

By Roberta Lee

Q. Are striped trousers with morning coats correct for formal daytime functions? A. Yes. Q. To whom should one issue guest cards at his club? A. Only to friends he would be glad to have in his own home. Q. Which is correct for luncheon tables, the colored or white linen? A. Both.

Daily Arguments

AUNT HET

BY ROBERT QUILLEN

"It ain't sympathy that makes a man want to pat a widow's hand. It's just a feelin' that she'll stand for it."

POOR PA

BY CLAUDE CALLAN

"Mrs. Thompson says she got tired of wearin' her diamond, but neighbors say they're just positive she's borrowed money on it."

With a view to establishing a factory for the manufacture of a million watches a year, the soviet government of Russia has a commission of experts studying their production in Switzerland.

Variations of the pleat have returned to fashion's favor. Often two, three, or more widths diversify the fulness in one costume. With the straight line frock enjoying renewed interest, pleats are an excellent way of introducing fulness. Every Parisian collection has shown some frocks in which the blouse falls in a loose line, stimulating a borelo and barely covering the u. loose tuck or an overlapping edge of fabric at the very least suggests this effect to give animation to the straight line.

As good as Nonsuch Silver Polish

Made in Canada Nonsuch Limited, Toronto

Nonsuch Stove Polish

Liquid and Paste