

**BEAUTY ARTS**  
By LOIS LEEDS



Sunshine and fresh air are the best cure for many beauty problems

**SPRINGTIME BEAUTY PROGRAM**

In the spring a woman's thoughts naturally turn to things of beauty. She wants something new and bright and lovely for house and she wants something new and cooler to wear. For this is the time of the year when Nature is clothing herself in the freshness of flowers and grass and budding trees. It is no wonder that all the world becomes inspired to make the most of beauty.

But milady's springtime beauty problem is not one which has to do with new clothes alone, for it takes more than these to make her look charming. Many readers complain that in the springtime their complexions seem dull and lifeless and they have asked me to outline some special treatment. If this were in grandmother's day perhaps they would be told to take some sulphur and molasses or something of that sort. But not so in this age, so today I will merely advise them to eat less of the heavy foods which appeal and are necessary during the winter months and make leafy vegetables, salads and all fresh fruits a big part in the diet. So, to pep up the system and tone up the complexion avoid heavy, greasy foods and rich pastry. A protein food such as lean meat, lamb, chicken, fish eggs or cheese may be partaken of up the menu with plenty of green vegetables and fruits, and salads are especially desirable, as they provide a most palatable way of partaking of

leafy greens and fruits stimulate the appetite as well as supply minerals, vitamins and roughage, and that these are very necessary to pep up the whole system and thus to tone up the complexion.

In addition to readjusting the menu at this season one must make quite sure of drinking plenty of water. On arising in the morning it is a good

plan to drink a glass or two of hot water followed by a glass of cold water. If the taste of hot water alone is distasteful, the juice of an orange or lemon may be added to it. Between breakfast and luncheon drink two to four glassfuls of water and from three to six more in the afternoon. Take another glassful of milk, orangeade or lemonade before going to bed. Such a program will do wonders toward cleansing the system of any toxic accumulation and will be sure to show results in milady's complexion as well as in her general health.

When one is tired and feeling nervous and irritable it is a real effort to get out of doors and take a brisk walk. But when one feels that way one needs just such exercise in the fresh air and sunshine. Plenty of sunshine and fresh air is the cure par excellence for many beauty problems, as well as one of the best ways to keep away the microbes of disease and mental depression. Fortunate is the woman (or man for that matter) who has a garden plot and loves to work in it. For while she beautifies her garden she unconsciously gains much beauty herself, and tuning in with nature in this way acts as a tonic on her mental attitude. As one of my friends told me recently: "When I get blue, nervous or discouraged I go out and work hard in my garden for an hour or two, and I come in refreshed in both body and spirit." A brisk walk is within reach of those who have no garden, and admiration of the beauty of the green trees, flowers and sunshine will have the same effect if the effort to get out of doors is put forth.

Another health and beauty measure which must not be overlooked in this beauty program is sufficient sleep. Eight hours of restful sleep in a well-ventilated room is a necessity for the girl or woman who would prolong

the springtime of her beauty. In addition to these various suggestions, upon which beauty is so dependent, there are certain local treatments which belong in milady's beauty program. Winter is apt to leave its traces in a dry, scaly complexion, rough, red hands and chapped lips. A thin, sensitive dry skin should not be washed with soap and water too often. The cleansing with soap and water may be given in the evening. In the morning use a very light cleansing cream or oil, remove with a damp square and then apply a good skin tonic or skin freshener and allow it to dry on the skin. Apply a suitable powder base and powder lightly with an emollient face powder. If rouge is used, the cold-cream rouge or rouge with a creamy base is better for this type of skin. Keep in mind the fact that a dry skin demands the very mildest of creams and lotions, and that when water is used it is wise to soften it first with almond, cornmeal or oatmeal. Use a mild soap and dry well and apply a little cold cream. Remove and pat on a skin tonic, allowing it to dry on the skin.

To keep the hands soft and white and to restore them to their natural beauty if they have become rough, red or chapped, apply a good hand lotion every time they have been washed and dried. At bedtime massage them several minutes with an oily cream and leave it on overnight. Pull on a pair of clean white gloves with the palms cut out for ventilation.

There are numerous creams and hand lotions on the market which are available for milady's use. Pure commercial preparations may be used in the home treatments, or you may make one yourself of the following ingredients: 1 ounce lanolin (anhydrous), 1 ounce oil of sweet almonds, 1 dram oxide of zinc, 1 scant teaspoonful boric acid, 2 drops petrolatum, 1 dram oil of neroli, 6 drops oil of rose. Heat the lanolin and oil of almonds over a double boiler, and when thoroughly blended add the petrolatum and stir again. Then add the zinc, boric acid and borax and blend together, stir as it cools; and add the perfumes last.



At bedtime massage the hands

**Etiquette**

By Roberta Lee

Q. Should a wife visit her husband's office unless absolutely necessary?

A. No for it embarrasses him not to show his wife every attention and therefore distracts his mind from his work.

Q. What is a demi-tasse?

A. It is a small cup, generally used for the after-dinner coffee.

Q. When one does not wish to carry money with him in traveling, what is a safe method for conveying funds?

A. Either by traveler's cheques or a letter of credit.

**A Morning Smile**

There had been a motor wreck. One of the drivers climbed out in a fit of temper and strode up to a man standing on the sidewalk, thinking him to be the other driver. "Say, where the devil's your tail light?" he roared.

The innocent bystander looked up at him. "Wot do you think I am—a bloomin' lightning bug?"

**Quick Pile Relief**

No Salves or Cutting

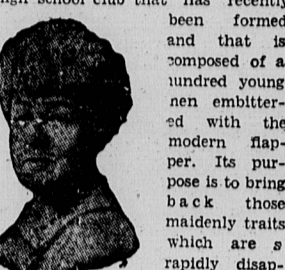
Pile sufferers can only get quick, safe and lasting relief by removing the cause—bad blood circulation in the lower bowel. Cutting and salves can't do this—an internal remedy must be used. HEM-ROID, the prescription of Dr. J. S. Leonard, succeeds, because it removes this blood congestion and strengthens the affected parts.

HEM-ROID tablets as sold by druggists everywhere, have such a wonderful record for quick and lasting relief that Hughes Drug Co., Ltd., always sell them with guarantee of money-back if they do not end all Pile suffering.

The New Ideal of Women  
**Dorothy Dix**  
Finds Girls Must Right about Face

**You Are About to be Reformed, Girls! Now That You Have Finally Achieved the Boys' Ideal and Become Hard-Boiled, They Are Reverting to Their Old Ideal of the Sweet, Womanly Woman**

Can you beat it, girls? You are about to be reformed. And by whom, think you? By the boy friend himself. No less. Listen to this news item from the daily paper: "Better girls and improved dates is the object of a high school club that has recently been formed and that is composed of a hundred young men embittered with the modern flapper. Its purpose is to bring back those maidenly traits which are so rapidly disappearing from among girls, to stimulate a better and more lovable personality among women and to improve entertainment of club members."



Isn't that enough to sink you? I ask you, girls? And just when you had gotten so you could drink bootleg liquor without making faces and had acquired a nifty line of cuss words and could listen to a putrid story without squirming and had scrapped all of that old stuff your mother taught you about modesty and reserve and so on and you had developed into an A-1 petter yourself upon being hard-boiled.

Isn't it a hard break to find out that you have got the wrong line and that being tough isn't the way to make a hit with men after all? It is just gory, I mean. I mean it just to show that no matter how much you struggle and strive to try to please men you never can do it, and by the time you make yourself into what you think they want they are craving something different.

Goodness knows, not many of you have enjoyed all of this flaming youth business. You had no alcoholic complex and the vile concoction you drank out of hip flasks nauseated you physically and morally and you writhed at the thought of becoming one of the blousy, bleary, gin-soaked girls that you saw about you. Generations of pure, delicate-minded mothers have bred in you a reverence for your own bodies and it revolted you to have every Tom, Dick and Harry who took you out to the movies paw you over, and you shut your eyes so that you might not have to look at the coarse lips you had to kiss as payment for every attention from a boy.

You would have been glad enough to be sweet and modest, forthat was your natural inclination, but you couldn't if you wanted to be noticed by the boys. You had to go the pace or else be left behind sitting at home with mother and father and reading an improving book instead of being out having a big time with the crowd. Datelessness was the price of modesty, and there wasn't any use in being a shrinking violet when the only posy a man would wear in his buttonhole was a sunflower.

TAKE TWO Dorothy Dix  
And so, in order to gain the favor of boys and to have dates and be popular, girls made themselves over to please the masculine taste and gave men what they asked of them, just as they have done since the beginning of time, for women have always been just what men made them. Good or bad, demure or bold, dumb or wise-cracking, tall or short, fat or thin. Anything men called for. Why, a chameleon cannot change its colors quicker than a woman can alter all her views and habits and moral convictions to match a man's. And look how the entire feminine sex became living skeletons when men began passing up the stout ones!

Now it appears that, having turned all the dear little sweeties into hoodlums, men are not pleased with the Frankenstein they have created and they want Maribel to get out of her knickers and back into white muslin and blue ribbons once more. It was fun to teach a girl how to drink, but not so amusing to think of having a cholic alcoholic for a wife and the mother of one's children. It was piquant to hear a baby-faced girl swearing like a trooper, but a man didn't seem to feel somehow that he would get much kick out of having to listen to a woman with a vocabulary she had fast table. It would savor too much

of his shortcoming across the break-picked out of the gutter, telling him of a fish wife.

Of course, it was alluring to kiss every pretty girl he went out with and sit out in parked automobiles with her until all hours of the night or morning, but it left a bitter taste in a man's mouth when he thought about marrying a girl whose lips had been free to a thousand other men and who was more or less damaged goods that he had picked up on the sentimental bargain counter.

Of course, a man enjoyed the society of a girl who had up-to-date ideas about sex and the relationship of men and women and who laughed at the old, narrow superstitions about right and wrong and who didn't believe in anything much except getting the most we can out of life as we go along. But, somehow, while these girls were all right as playfellows, they were all wrong when one thought of them as wives. When a man thought of the woman he wanted to marry he didn't want one who was "wise" on the seamy side of life. He wanted one who was pure and innocent. He didn't want a girl who was blasé and cynical and iconoclastic. He wanted one who believed in God and who said her prayers and who had faith in everything that was tender and beautiful.

In a word, he wanted somebody like his mother. He wanted somebody who was loving and tender and unselfish and soft and sweet. He didn't want a rouser for a wife. Nor a street gamin. Nor even a girl who looked and acted like his brother.

And there you are, girls. Men have reverted to type. They have gone back to their original ideal of womanhood. The bud with the dew still on it, not the full-blown rose that has been dragged through the heat of the day and handled by a hundred men and then tossed away.

It is the clinging vine they are going back to. The gentle, sweet womanly woman and so you had better begin getting ready to meet the new ideal, which is the eternal masculine ideal of womanhood and learn how to blush and be modest if you want to have dates.

DOROTHY DIX

**WHO ARE YOU?**  
An Anthony?  
The Romance of Your Name  
By RUBY HASKINS ELLIS



**Anthony**

The first of the Anthony family was William Anthony, of London, England, living in the year of 1547. He was graver of the Royal Mint and Master of the Scales during the reigns of King Edward VI, Queen Mary and Queen Elizabeth.

Derrick Anthony was granted a patent for the arms he used in 1559. His son Francis was a physician and made a great fortune on the sale of a secret formula.

A small notebook belonging to John Anthony, bound with the coat-of-arms of Charles I, can be seen at the British Museum. His son, John, came to America on the ship Hercules in 1634 and settled in Portsmouth, R. I., where he held many offices of trust and importance.

His son, William Anthony, Jr., born in Portsmouth, 1675, was captain and deputy governor of Rhode Island from 1709 to 1717. He married Mary Coggeshall, daughter of John Coggeshall, who was president of the Colony of Providence Plantations, deputy to the Massachusetts House of Deputies, and Governor's assistant.

There are many prominent persons of this name today. Among them are Joseph Anthony, of New York City, author of "Rekindled Fires," "The Gang." Also Daniel

**Milady Beautiful**  
By Lois Leeds



Leave face pack on over night

**BEAUTY QUESTIONS ANSWERED**

**To Bleach Freckles**

Dear Miss Leeds—(1) I have a few large freckles all over my face and would appreciate very much if you suggest some way of getting rid of them without injuring the skin. My skin is rather sensitive. (2) I am 5 feet tall and weigh 135 pounds. Could you suggest a set of exercises? I have tried dieting drugs and other methods without success. (3) I have dark brown hair, brown eyes and fair skin. What colors are becoming.

MISS F. B.

Answer—(1) It is impossible to remove freckles entirely from some types of skin, especially the year-around variety, but they may be bleached considerably by the use of a mild bleaching pack lotion or cream. Bathing the face in buttermilk is an old-fashioned but helpful remedy for this purpose. The following is a mild bleaching pack, which will not injure the most delicate skin: Beat the white of an egg to a stiff froth and mix with it an equal amount of oil of sweet almonds. After cleansing the face at bedtime apply the bleaching pack and leave it on overnight. In the morning wash the face and pat on a little of the mild bleaching lotion which may be made as follows: 1 ounce per-

**Superfluous Hair**

Dear Miss Leeds—I have a slight growth of hair on my upper lip and as my hair is dark it is quite prominent. I have been told that if I apply peroxide to bleach these hairs I could also apply ammonia which will take it out by the roots and all. I would like your confirmation to this statement. MISS LOUISE.

Answer—I am sorry to say that the removal of superfluous hair is not

**Salada Orange Pekoe Blend gives greatest satisfaction**



oxide, 1 ounce cologne water, 1 ounce glycerin, 6 ounces rosewater. Apply with a clean piece of absorbent cotton and allow it to dry on the skin, then dust with a light suntan face powder. (2) Please send for my leaflet, "Beauty Exercises," as it will give you the exercises that you need in detail. I have not the space to reprint them at this time. With your request kindly inclose a self-addressed, stamped envelope for mailing. You should avoid dieting and drugs unless you want to ruin your good health. Probably you are not overweight; you forgot to give me your age so I cannot judge. If you are of the short, stocky type no amount of exercising or dieting will make you the small-boned, Dresden doll type. However, the exercises taken regularly will keep your figure trim and your muscles firm. (3) As you are a fair-skinned brunette you can wear black effectively when trimmed with ivory, eggshell, shell-pink or rose. Pure yellow, mustard, amber, peach, orange, pure bright blue, sapphire, electric, medium and dark blue, bright red, wine shades, Burgundy, dahlia, rust, brick red, dove gray, orchid, bronze, reseda and bottle green are all good colors for your type. As your eyes are brown you will also find warm nut browns and pinkish tan excellent.

LOIS LEEDS.

**Character Close-Ups**



**Watch the children smile!**

SEE HOW delighted the children are when they have Kellogg's Rice Krispies. Watch them listen for the crackle as you pour on the milk or cream. And this cereal so tempting is also wonderful for them. Nourishing, healthful rice. Toasted and crunchy. Wholesome and easy to digest. Fine for children's suppers.



**Maritime Women Want the Best**



The women of the Maritime Provinces who bake their own bread, insist on having the best quality of flour the world produces.

This insistence on highest quality is a challenge to the Canadian miller, for it compels him to realize that the flour which would satisfy other places, might easily fail to satisfy here.

No milling company in Canada is better equipped to supply a flour of the above standard than the St. Lawrence Flour Mills Co., Limited, of Montreal, and they do supply it in

**REGAL flour**