

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

BEAUTY ARTS

By LOIS LEEDS



Massage the Sore Muscles

MUSCLE TRAINING FOR HEALTH AND BEAUTY

Regular exercise is essential for the business girl or woman who wishes to preserve her youth and the suppleness of girlhood after school days are over. The best sort of exercise for the average business person is that taken out-of-doors in pursuit of some favorite sport or hobby such as tennis, golf, horseback riding, camping, swimming, gardening, hiking or nature study.

Avoid Sore Muscles

A common result of such overexertion is "tennis arm," a weakened and painful condition of the arm muscles, persisting perhaps throughout the whole summer as the result of one's first attempt at some particular sport to which the muscles are unaccustomed.

Soreness and stiffness of the muscles are very common results of vigorous sports thoughtlessly indulged in by young and older business people who are thoroughly out of training. The chief risk in attempting too strenuous exercise when one is in an unfit, untrained condition is its effect on the heart, however.

Don't Strain Your Heart

In a young person dilation of a mild degree may be a matter of no great importance, all symptoms passing off within a few hours afterward. But after the first resiliency of youth has passed and middle age is within sight, dilation of the heart is a more serious problem, producing dizziness and shortness of breath and other unpleasant symptoms of general weakness, which may persist for many months.

Just as the heart muscle loses its ability suddenly to increase its output of energy, when the owner for months at a time has taken no exercise, so the limb muscles lessen in efficiency, although they may not have wasted in size to any appreciable extent. Pronounced weakness which

PIMPLES BADLY AFFECTED FACE

Ashamed to Go Out. Lasted a Year. Cuticura Healed.

"My face was badly affected with pimples. When they first started they looked red and were hard. Later they became larger and soon began to pester me by itching. I scratched them which only caused more pimples. They disfigured my face so that I was ashamed to go out. The trouble lasted about a year. I read an advertisement for Cuticura Soap and Ointment so purchased some, and within two weeks there was a great improvement. I continued using them and within a month my face was completely healed." (Signed) Miss Katherine Klassen, Box 59, Conquest, Sask.



A Light Meal and to Bed

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



A town dress that adopts new line and fabric in printed rayon flat crepe in mauve red tones.

Style No. 3029 is semi-sports dress that assumes so much importance in milady's wardrobe for general day-time wear.

time wear.

The molded bodice has a neat turn-over collar completed with scarf tie of plain silk crepe, so extremely youthful. The hips are extremely flat with pockets inserted at either side. Sleeves fitted with darts have turn-back flaring cuffs. A leather belt indicates normal waistline.

The circular flaring skirt gives delightful swing when in motion.

This attractive dress is designed in sizes 14, 16, 18, 20 years, 36 and 38 inches bust.

For classroom, it is especially smart in army blue wool crepe with collar and cuffs of white crepe de chine and worn with vivid red suede belt and tie.

Black crepe satin, with collar and cuffs in eggshell shade, plum shade in faille silk crepe self-trimmed with tie of matching shade dotted in eggshell, hunter's green sheer velvet with collar, cuffs and tie of matching canton crepe, and Kashmir jersey in independence blue tones with plain jersey in harmonizing tone are ever so smart.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department, The New Fall and Winter Fashion Magazine is 15 cents, but only 10 cents when ordered with a pattern.

No. 3029. Size

Name

Street Address

City

State

City

State

Milady Beautiful

By Lois Leeds



The Eighteen-Day Reducing Diet

From the cinema stronghold in California has come the eighteen-day reducing diet which has already found a place on the menus of certain restaurants in our large cities.

Some of the readers of this column have been asking for a copy of this diet which I am giving below from an August issue of The Pathfinder.

It has been hinted that the partially shown to grapefruit and oranges in this diet may have been inspired by the citrus fruit growers.

Although these fruits are wholesome and palatable they are used so freely in this diet that one is almost sure to become very tired of them.

Breakfast is the same every day consisting of half a grapefruit, one slice of toast and coffee with a little milk and sugar. The menus for the rest of the day are as follows:

First Day—Lunch: Half a grapefruit, 1 egg (any way but fried), 6 slices cucumber, 1 slice of toast, tea or coffee. Dinner: Two eggs, 1 tomato, half head of lettuce, half grapefruit.

Second Day—Lunch: One orange, 1 egg, half head lettuce, 1 slice toast, tea or coffee. Dinner: Broiled steak, half head lettuce, 1 tomato, half a grapefruit.

Third Day—Lunch: Half grapefruit, 1 egg, half head lettuce, 6 slices cucumber, tea or coffee. Dinner: Half grapefruit, 1 lamb chop, 1 egg, half head lettuce, 2 olives.

Fourth Day—Lunch: Half grapefruit, pot cheese, 1 slice toast, tea or coffee. Dinner: Broiled steak, watercress, half grapefruit.

Fifth Day—Lunch: One orange, 1 lamb chop, half head lettuce. Dinner: Half grapefruit, half head lettuce, 1 tomato, 2 eggs.

Sixth Day—Lunch: One orange, tea. Dinner: Two poached eggs, 1 slice toast, 1 orange.

Seventh Day—Lunch: Half grapefruit, 2 eggs, half head lettuce, 1 tomato, 2 olives. Dinner: Half grapefruit, 2 lamb chops, 6 slices cucumber, 2 olives, 1 tomato, half head lettuce.

fruit, 2 lamb chops, 6 slices cucumber, 2 olives, 1 tomato, half head lettuce.

Eighth Day—Lunch: Half grapefruit, 1 broiled lamb chop, half head lettuce. Dinner: Half grapefruit, 2 eggs, asparagus, plain spinach, slice of toast.

Ninth Day—Lunch: Half grapefruit, 1 egg, 1 tomato meat salad. Dinner: Same as lunch.

Tenth Day—Lunch: Cinnamon toast, tea. Dinner: Broiled steak, celery, 2 olives, 1 tomato.

Eleventh Day—Lunch: Half grapefruit, 1 lamb chop, half head lettuce. Dinner: Same as lunch.

Twelfth Day—Lunch: Half grapefruit, half lobster, crackers. Dinner: One orange, 2 broiled chops, cold slaw, 1 tomato, 2 olives.

Thirteenth Day—Lunch: Half grapefruit, 1 lamb chop, half head lettuce. Dinner: Broiled steak, half grapefruit, half head lettuce, celery.

Fourteenth Day—Lunch: Half grapefruit, 1 egg, 1 slice toast. Dinner: Broiled steak, 1 tomato, half grapefruit.

Fifteenth Day—Lunch: Half grapefruit, 1 tomato, 1 egg, 1 slice toast. Dinner: Half grapefruit, 2 lamb chops, 1 tomato, 1 slice toast.

Sixteenth Day—Lunch: Half grapefruit, 1 egg, 1 tomato. Dinner: One orange, broiled steak, plain spinach.

Seventeenth Day—Lunch: Half grapefruit, 1 lamb chop, half head lettuce. Dinner: Broiled steak, 1 tomato, celery, olives.

Eighteenth Day—Lunch: Half grapefruit, 1 egg, 1 tomato. Dinner: Half grapefruit, broiled fish, plain spinach.

These menus are monotonous and do not provide enough calories for the daily diet.

Tomorrow—Beauty Questions Answered.

Etiquette

By Roberta Leo

Q. When a marriage engagement becomes known to both families, what advances should the families make towards each other?

A. The man's mother and sisters should call at once on the girl and her family, extending a cordial welcome to the one who is to become a member of their family. Within a few days the girl and her family should return the call.

Q. When one has a crest, or a monogram, on their stationery, should it bear the address also?

A. No. Q. Where is the correct place for the oyster fork? A. At the extreme right of the cover.

Dorothy Dix Letter Box

Danger of Allowing a Bad Mother to Bring up the Children — How Can a Widower of 70 Escape the Affectionate Nagging of His Daughters?

Dear Miss Dix—What is a man to do with a wife who goes crooked? I am a successful physician with a good practice and I give my wife a good home and everything in reason that a woman could ask. And I have loved her and been kind to her, but for the last year and a half she has been having an affair with a married man who belongs to our set. I didn't know anything about it for a while, but after they were found out my wife told me all about it and also how wonderful the exploit was. We have been married six years and have three of the loveliest children. For the sake of the children I have gone on living with her, but if ever there was a hell I am in it. My whole home is tainted for me. In spite of her immorality, my wife is a good mother to the kids, and she does not want to leave. I would like to know your thoughts in the matter.



A. J. M.

Answer:

My thoughts about a woman who betrays a good husband and her innocent little children are quite unpleasant. They are something with boiling oil in it as a punishment to fit the crime, as they say in the "Mikado."

Sometimes an unfaithful wife can plead an overwhelming passion for some man not her husband as a vestige of a vindication for her conduct, but your wife does not seem able to offer even this poor excuse. It was not the madness of love that drove her to another man's arms. Just mere animalism and a love of adventure.

If she had sinned through love and repented, there would be hope of her reforming, and you might trust her, but she hasn't a regret for what she has done. She is just a female philanderer who will always be going in search of thrills and having amorous affairs as long as her youth and good looks last. And when that is over she will be that most abominable and disgusting of all creatures—an old, worn-out, feminine rake.

The woman whose heart leads her astray often returns to the straight and narrow way and follows it to the end. But the woman whose fickle fancy prompts her to explore the primrose path never comes back. She is always following some will-o'-the-wisp of a new sensation that flits just before her. There is a deal of difference between even the immoral woman and the woman who just hasn't any morals at all, and the conscious sinner is the better woman of the two, and the one who is the more likely to come back.

It is often a wise thing for the woman who has a husband who is not faithful to her to endure the slights he puts upon her rather than to divorce him. This is because there are compensations for her in ignoring her own wrongs.

She keeps her home together. She is enabled to give her children opportunities that she could not afford them otherwise, and she has her own comfortable living, her house and her position in society. All of which mean much to a woman and especially to a woman who has never been trained to any gainful occupation and who would have to exist in dire poverty if she undertook to support herself.

Moreover, many a bad husband is a good father. They keep their indiscretions a secret and hidden from youthful eyes and hold up to their children an ideal of conduct that they may not follow themselves, so that the mother has seldom to fear the father having a bad influence over his boys and girls.

But this is not the case when the mother is immoral. She is truly an ill bird that fouls its own nest, for she brings evil in her own home. She familiarizes her children with vice from their infancy up, and in particular a loose-living mother invariably brings up loose-living daughters.

It is the mother who forms the character of the children and who teaches them the principles by which they stand or fall, and she cannot teach them truth and honor and honesty and high principles if she is deceiving their father and lying to him and cheating him and carrying on shameful liaisons with other men.

For their own sakes, children should be taken away from an immoral mother, but often their father cannot do this because he has no one to take care of them, and so the question resolves itself into one of those pitiful, complicated human problems that only Almighty wisdom can solve.

But something with boiling oil in it should be the portion of the woman who brings so much undeserved misery on so many innocent people.

DOROTHY DIX

Dear Miss Dix—I am more than 70 years old and have four daughters, three married and one keeping house for me. I am thinking about getting married because my children want to boss me just as if I were a kid. If I buy a horse, I'm an old crazy. If I buy clothes, they are not the right color. My hat is not suitable for my age. I believe my head is quite level, yet, and that I am capable of deciding my own affairs. Do you think if I married that my wife would nag me, too? I am independent of all my relatives if the bank doesn't fail. Your advice, please.

BARNEY.

Answer:

You know what Mr. Shakespeare said, Mr. Barney about it being better to bear the ills we have than to fly to those we know not of, so if I were you I would rather risk being chicken-pecked than henpecked. But why stand for the nagging of your daughters? Money talks, you know, and you can make it a perfect silence if you will threaten to cut them out of your will if they don't let you alone, and let you do as you please.

Young people talk a lot about their right to independence, but they seldom seem to realize that the old have an even greater right to follow their own inclinations, so long as they do not do anything that is wrong or foolish. A very large part of our happiness consists in our being able to gratify our little whims and tastes without having to fight for the privilege, and this is especially true of the old. Their little ways, their little habits, become very dear to them and they should be allowed to enjoy them unmolested by the criticism of their children.

I have often had my pity excited for old men and women whose children never permitted them to eat a meal in peace and without warning them that everything they liked was bad for their stomachs; whose children never let them buy a single garment to suit their own taste; whose children never allowed them to spend a penny of the money they had made, without their direction, or to go to any place without their company, and it did not mitigate the situation for the old people because the children were actuated in no variety of nagging. Better let bad enough alone.

But at 70 don't get married to escape your children. It will truly be jumping out of the frying pan into the fire, for you will simply add another boss to your other bosses, and any man who has four daughters has enough feminine influence in his life. To add another is simply going out to hunt for trouble. Besides, at 70 you are too old to change and adapt yourself to a



Miss Marcoline D'Alroy, distinguished in a new Poiret model of royal blue tulle sleeves and upper part of the gown are of royal blue. Gold trim separates the blue from the green.

A Morning Smile

SURE ENOUGH!

The late Mrs. John W. Mackay was none too fond of modern fashions. At a luncheon in New York one day she nodded towards a beautiful girl with bare arms, bare knees and so forth, then said grimly: "What walls would go up to heaven if it were poverty that made girls wear so few clothes."

For The Cook

FLAXSEED TEA

Take about a dessertspoon of flaxseed and at least a teaspoon of cold water and put in a small saucpan. Take about two or three inches of licorice root (not the prepared black licorice—it spoils the flavor) and break into two or three pieces, and split them down with a knife into pieces about the size of a match. This is to let the flavor out quickly, and add to the seed and water.

Be sure to have water enough at first, because the flaxseed thickens so quickly if it has not enough water, and then it will not mix if more water is added, while if it is too thin it is

Household Hints

By Roberta Leo

Laundering Linen

Instead of starching, drop a few lumps of sugar into the rinse water, and dainty linen will be beautiful after it is ironed.

Doors

A creaking door can be stopped by rubbing a little vaseline or soap on the hinges. If a door sticks rub a piece of soap over the tight places.

Lettuce

Lettuce will keep fresh and crisp if it is washed and then put in a deep colander, leaves upright, and allowed to drain in a cool place.

easily evaporated by boiling a little longer. Boil gently for a quarter of an hour or more, stirring once or twice, adding a little boiling water if necessary. (Some people use lemon juice or sugar instead of licorice.)

This is very soothing for an inflamed throat or stomach, taken hot, and is excellent as a bedside drink for a tickling throat.

Misard's Lintment—The King of Pain

new variety of nagging. Better let bad enough alone.

DOROTHY DIX.

Dear Miss Dix—Are there more good wives than there are good husbands, or vice versa? W. W. W.

I should say that would break about even. Probably there are more faithful wives than there are faithful husbands and that is why more women than men apply for divorces. But chastity is not everything in the line of domestic virtues, and when it comes to being good and kind and patient and unselfish and self-sacrificing, there are just as many men who show these qualities toward their wives as there are women who show them to their husbands. DOROTHY DIX.

The Lovable Fragrance

Lavender is never more captivating than when its sweet breath is left clinging to softened skin by Yardley's Old English Lavender Soap.

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