

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

What the Fashionable Are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



keep within your budget. It is designed in sizes 16, 18 years, 36, 38, 40 and 44 1/2 inches bust.

No. 3149. Size Name Street Address City State

Etiquette By Roberta Lee

geographically, yet so appropriately, gowned for restaurant, bridge and Sunday night occasions in black canton crepe, as sketched in Style No. 3149.

Shirring at center-front waistline molds the line through the hips by adding a slight swatched movement to break the long straight line, which makes it so entirely becoming to most figures.

The low-placed circular tiers take an upward movement at front with two loose hanging panels at center-front. The tiers at back choose a downward course to correspond with cape at back of slight decollete neckline. The cape collar at front is knotted in scarf effect. Sleeves have the flaring cuffs.

A Paris gown that you can copy exactly at cost of material. Think it what an opportunity this is to

You Spit Phlegm You Have Catarrh

When you are sneezing, eyes running, nostrils all clogged up—that's the time you need Catarrhzone badly. The healing vapor of Catarrhzone soon stops the discharge, enables you to breathe freely again, exterminating the cold quickly. All traces of Catarrh will disappear. Pain over the eyes goes away, a weak throat is strengthened, the voice grows clear and strong, coughing, sneezing, and nasal discharges are permanently overcome. Get Catarrhzone to-day, two month's treatment \$1.00. Smaller size 50c. "At all druggists.



Felt Tired and Miserable

"I took Lydia E. Pinkham's Vegetable Compound for miserable and tired feelings and it gave me strength to do my work. My nerves are better and I feel well and strong and have a good appetite. I sleep well and am in pretty good spirits and able to work every day now. I recommend the Vegetable Compound and you may use this letter as a testimonial."—Miss Delvena Wallace, Union Street, North Devon, New Brunswick.

Lydia E. Pinkham's Vegetable Compound

Dorothy Dix Letter Box

What is the Price of Popularity? — Why This Wife Should Encourage Her Husband's Wanderlust. Shall the Middle-Aged Widower Remarry?

Dear Miss Dix—Does popularity have a price? Is a certain amount of hospitality necessary to popularity? Does a girl who is good-looking, who has a charming personality need to entertain? Does it add to a girl's popularity to have a presentable home, congenial parents and to be able to bring a boy or girl home to a meal or invite them to spend the evening?



Answer: There certainly is a price tag on popularity, and it is a staggering one. The liking of our fellow creatures is never a thing we get at bargain rates. It always comes high, and we have to pay for it not only in dollars and cents but in self-sacrifice, in self-control, in doing the things we don't want to do and leaving undone the things we do want to do and in generally preferring others before ourselves. Let us consider some of the items on the bill for popularity:

First. There is unselfishness. No egotist, no self-centered person is ever popular. You must forego grabbing what you want for yourself. You must consider others' pleasure and comfort before your own. You must let them have the spotlight. You must adapt yourself to others. You must jolly them instead of expecting them to jolly you. Self-abnegation is a pretty heavy price to pay for the glad hand, but you have to pay it if you get it.

Then there is attention to detail. The price of popularity is ceaseless vigilance. You have to follow up a good impression by a thousand little attentions. By remembering who people are and what they like and dislike. By writing notes of condolence and letters of congratulation. By making others feel that you have a real interest in them and their affairs.

Then you have to watch your step and keep off people's toes. Blunt-spoken people are never popular nor are those who feel that they have a sacred duty to tell people the truths they would rather die than hear. No girl is popular who goes around telling other girls that their new hats are unbecoming or that their old dresses lengthened out well. Nor does any boy ever come twice to see the girl who criticizes his flivver or corrects his grammar.

To be popular you must bite back the wise crack that trembles on the tip of your tongue, no matter how witty it is. You must refrain from saying to people the things you are dying to say. You must learn to avoid an argument as you would the leprosy and you must acquire the art of walking on eggs, and all this requires not only skill and adroitness, but involves an amount of self-sacrifice that entitles one to be canonized among the martyrs.

And, finally, in order to be popular, you must learn how to endure boredom patiently and heroically. You must learn to laugh with apparent spontaneity at the joke you have heard a thousand times. You must listen with rapt attention to a thrice-told tale. You must ask for more when mothers relate to you the smart things their children said and you must beg men to tell you just how it was they pulled off that wonderful deal in stocks or made fifty miles on a single gallon of gasoline.

Oh, believe me, my child, popularity comes high, and whether it is worth the price you have to pay, goodness only knows.

As to your other question as to what part entertainment plays in a girl's popularity, I would say it is one of the most valuable first aids to getting there. Of course, a girl who never entertains may be popular with boys and have plenty of dates to go to places of paid amusement, but she will soon find the doors of private houses shut in her face.

And this is only fair, for why should other girls spend their money entertaining her when she never makes any return? She becomes nothing but a social deadbeat and deserves to be dropped.

Wise mothers know that a girl never looks so attractive as against the background of home and that there is no better way to bait the mantrap than with good food, and so they see to it that their daughter's friends always find welcome on the doormat and something good to eat in the ice-box. Many a girl's popularity rests upon her mother's cooking.

Dear Dorothy Dix—My husband and I are discontented and unhappy. We are both 26 years old and have been married six years. We still love each other, but this is our trouble: My husband always had the desire to travel and never had a chance. He says he has missed a whole lot by not traveling before he was married and now he feels that he is tied down and can't go, and it makes him miserable. I try to make a happy home for him, but it is no good. He wants to travel and see the world. It makes me unhappy to see him unhappy, so last night we talked it over and hit on this plan:

We are going to break up housekeeping, see our furniture and separate. I want him to feel as free as if he were single and travel to his heart's content. I will keep on working and board somewhere. I know it will break my heart for a while, but it will be better than to go on living the way we are now. We have no children. Never will have any. What shall we do?

Answer: I think you are taking a very wise and practical way of settling your trouble and the only way of curing your husband of his wanderlust.

A suppressed desire can eat the very heart out of any of us and not only ruin our happiness, but make us so cantankerous that we are a curse to those who have to live with us, and so the best thing we can do is to get it out of our systems as quickly as we can.

Therefore, if I were a man married to a woman who thought that she was wasting a grand opera voice singing babies to sleep or that she was a second Dolores Costello who should be making films instead of making blubber and that she sacrificed a great career by getting married, why, I would buy her a ticket on the first train out that left for Hollywood or the Metropolitan, and I would let her go up against professionals and try herself out and get rid of her yearning once and for all.

And that is the way with your husband. As long as you keep him nailed down to his hearthstone he will be miserable and discontented longing for the far places of the earth, and he will be really farther from you across a table than he would be if he were in Singapore or Kamchatka with his thoughts turning toward you.

Let him go, and the chances are a hundred to one that he will be glad enough to come back in a year's time and stay put.

And if he really has the wandering foot urge him to get into some business that will require much traveling. Thus you will keep him and keep your eye and the sex urge on matters that you have been a year will be

Milady Beautiful



BEAUTY QUESTIONS ANSWERED Exercise to Aid Digestion

Dear Miss Leeds—Some weeks ago you printed in your beauty column exercises which help prevent constipation. I mislaid that article. Will you please be so kind as to print them again and oblige a daily reader?

L. J. F.

Answer—As so many have asked me the same question I am glad to repeat as many of the exercises as space will permit. Any exercises which bring the abdominal muscles into play are effective for overcoming constipation, and these should be taken daily. Leg and trunk-raising in a recumbent position are excellent. Use these: (1) Lie down on your back and raise and lower both legs together, knees held stiff. (2) Lie on right side. Raise left knee to chest, then thrust that leg out and upward in a sideways direction. Repeat with left leg. (3) Lie down on your back. Double up your knees on your chest. Keeping your left together, shoot your legs out sideways, knees straight, then swing them pendulum fashion, to the side and back to bent position. Rotate your legs in this way ten times to each side. Rest a minute or two, then rotate the legs forward alternately as though riding a bicycle.

You will also find that colon massage is helpful. It consists of a creeping massage movement with the finger tips on the left side of abdomen downward. LOIS LEEDS.

Exercises to Reduce and See Gains: Dear Miss Leeds—It seems that there must be something wrong with me, for 10,000,000 authorities can't be wrong. First of all, don't you believe that exercise will build up a thin person and reduce a stout one? Well, here's my tale of woe:

I am 20 years old — weigh 121 1/4 pounds and am about 62 1/2 inches tall. My hips are broad and my legs are heavy and by the casual observer I suppose I would be called plump and short. Now I exercise more than the average business girl. I go to the "Y" twice a week, where I go through nearly an hour of exercising, a half hour of basketball and usually take a swim afterward. Then on Tuesday and Friday afternoons I play hockey. Now and then my program varies—sometimes I play hockey only twice a week or go swimming (less or often than twice a week. In the winter I ice skate about one night a week. I might also add that I ride horseback about twice a year.

Tell me, Miss Leeds, is there anything more I could do to gain a nice figure? Naturally I don't diet in any way. I am a healthy young woman with a healthy appetite but, nevertheless, I don't eat any more than my system requires (at least that's my idea.)

I haven't followed this gymnasium program for any length of time (about two months or less I presume) but the amazing thing to me is that I'm gaining weight. I used to weigh 117 or thereabouts and I've gained almost five pounds. My hips are no slenderer, my legs are just as unattractive. How long must I keep going along before I notice any results? Do you see the flaw in my program that I fall to find? Is there something I should be doing that I do not?

It's not my trouble only—a friend of mine who goes to the "Y" with me worth more to you than his whole him would be if he were discontented and felt himself a prisoner.

Also remember that blessings brighten as they fade, and the home that is so distasteful to him now will look mighty good to him when he is away from it.

Dear Dorothy Dix—I am a middle-aged widower with two children, the older large enough to keep house for me, but still I have the hungering for the love and companionship of a good wife. Do you think it would be fair to my children for me to marry?

Answer: It would be the best thing you could do for yourself and your children for you to marry, provided you picked out a sensible woman of suitable age and one who would be kind to your children. But don't marry any flapper nor any widow with a family of her own.

Your children will soon be married and gone, and then you will be indeed lonely if you have no wife.

DO NOTRY DIX

me has also gained in weight. We can't figure out why we aren't losing instead of gaining. Surely we couldn't be classed with the thin girls who are supposed to put on weight by the same method which stout ones use for reducing. It has proved quite an enigma to both my friend and me and we are going to let you figure it out for us if you will be so kind. Thanks a lot for anything you may say, on the subject.

Answer—I decided to publish your entire letter, Gloria, because your problem is not so unusual as you think and there are many others who have had the same experience. I think your exercise program is splendid and hope both you and your friend will keep it up. I am afraid you are expecting a magical change in your figure a little too soon. You say you have been following this program for less than two months, and you could hardly expect a noticeable change in that length of time.

In regard to your weight, I am glad to inform you that the weight of 121 pounds is exactly correct for you, so certainly there is no cause for worry on that score. Your former weight was too little for you, so you see you perhaps did belong in the class of those who were supposed to put on weight after all. There is little danger of your becoming overweight when you are following such a rigid program of exercise. Of course, you must watch that healthy appetite, for many a woman who has tried to lose weight by reducing has become so hungry in the process that she ate and ate and gained steadily. I doubt however, if you have gained in flesh; your extra weight likely results from the fact that the exercise has hardened the muscles somewhat and they have become heavier. Keep right on with your interesting and helpful program and I feel quite sure that the shapely legs and firm, slender hips which you want to have will gradually be achieved. Swimming is especially good for this purpose. Remember, my dear, that your weight is correct and please do not risk ruining that radiant beauty and vibrant health of yours by any foolish reducing fad or an inadequate diet. You need a well-balanced diet to keep the wheels going round and the whole bodily machinery in good working order.

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Easier Housecleaning

Old Dutch brings Healthful Cleanliness and is your greatest help at housecleaning time. Old Dutch Cleanser cleans with a scientific efficiency and represents a significant advance in modern home cleaning. It is perfect for porcelain and enamel, tile, painted woodwork, floors, steps, windows, utensils, etc., in fact for all cleaning throughout the house. There is nothing else like it.

For greater economy Old Dutch is unequalled. No cleaning preparation does so much as Old Dutch and none can do it so well.



We Tried It On A Dog

Probably there aren't a dozen readers of this magazine who haven't at some time faced the problem of trying to house-break a dog. We've gone through the experience at our house; and from our trials and tribulations we've learned something that may help you—as it helped us—not only in dealing with dogs but in dealing with human beings.

We've had all sorts of dogs around our place, but the dog we all love most is Pat, a wire-haired terrier pup, which we got for our son. From the minute the boy selected Pat as his dog, the pup walked right into the heart of every member of the family, Pat was the cutest, most affectionate little fellow you ever saw. But he had one grave fault—one very grave fault. He was bright as a dollar in everything else, but all our efforts to house-break him seemed absolutely futile.

We tried all the old standard forms of punishment. No effect. We tried the new theory with reasoning with him. No effect. He'd be object in his contrition, beg forgiveness—and an hour later have the house in an uproar again.

We were in despair. Any suggestion of keeping him in the kennel brought an anguished protest from Ray Junior. Pat was his dog and he wanted his dog with him night and day. The rest of us wanted him, too; but we got to the point where we were almost afraid we'd have to banish Pat altogether.

Then we had an inspiration. We decided to quit punishing the pup for his misdeeds and to play on his vanity by praising him effusively when he fulfilled the object of taking him for a walk. It worked! Worked like a charm! Today Pat is perfect. He is so greedy for that fulsome praise that he's almost humorous in his efforts to earn it. The household is happy again. I didn't realize until it was over what a very human situation we had gone through. How often we try to get results from those with whom we work or live by raising Cain for their mistakes, and by being stingy with praise for their achievements.

One of my friends runs a business in Cleveland. His star salesman was one of the most likable men I ever met. He could sell more goods than any other two men on the staff. But

he had one fault: he would go off on a bender every now and then. And when I say bender, I mean bender!

The boss threatened to fire him. His wife threatened to divorce him. But always he was so penitent that they never carried out the threat. I told my friend about Pat. He tried the scheme on his star salesman. When this chap, sober, brought in an order, he made twice as much fuss over it as he would over an ordinary order. He told everyone on the staff about it. Once, for an exceptional big order, he gave a dinner in honor of the salesman.

That man today can't be tempted to take a drink. In fact, he's become almost a pest to those who do.

There are a lot of Pats in the world—four-legged and two-legged. A cher goes a lot farther with them than a call-down.

A Morning Smile

During the hearing of a case a man began clattering about in the back of the courtroom, pushing over chairs and generally upsetting things. "Young man," said the judge at length, sternly, to him, "you make a great deal of noise."

"Your honor," came the reply, "I have lost my overcoat, and I am looking for it."

"Well, well," snapped the judge, "people often lose whole suits here without half as much disturbance."

For The Cook

HOLIDAY HASH

Two cups shredded pineapple, one cup shredded coconut, one-quarter cup shredded cooked citron, one lemon (juice only), one cup grapefruit or orange pulp and juice, one-quarter cup shredded orange rind, one cup sugar. Combine these fruits and juices, and let stand a while before serving. May be served in glasses of halved grapefruit cups.

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Household Hints

By Roberta Lee

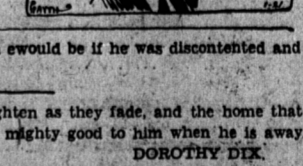
Satin Slippers To clean satin slippers, take a little alcohol and drop three or four drops of lemon juice in it. Apply this solution to the slippers with a soft white cloth.

Fruit Cake When the fruit cake is ready for baking, set it in the ice box for twenty-four hours before putting in the oven. It will be lighter and the fruits will give the dough a better flavor.

Baby's New Shoes Sandpaper the soles of baby's new shoes and prevent slipping or a bad fall.

Character Close-Ups

HERE IS A LONG SLOPING BROW OVER A SMALL EYE, DENOTING THE PRESENCE OF A FINE GIFT OF DIPLOMACY



DO NOTRY DIX

Advertisement for Cuticura Soap and Cuticura Ointment. GET RID OF DANDRUFF BY USING Cuticura Soap ASSISTED BY Cuticura Ointment.