

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



Suffered for Two Years

After the birth of my second child, I was always feeling tired, nervous and weak and had headaches, backaches and terrible pains every month. I suffered two years before I tried Lydia E. Pinkham's Vegetable Compound. I got four bottles at first and it did me a world of good. I would not be without it in the house now, and have another six bottles in. I recommend it to every woman I know. -Mrs. T. Barrin, Box 114, Ashmun Mines, Quebec, CANADA.

Lydia E. Pinkham's Vegetable Compound

In the last two years 4,500 miles of highways in Australia have been constructed, formed or remade under the new Federal aid agreement between the Government and the States.

Insidious Eye Strain

We use this adjective advisedly.

Sufferers from Eyestrain may have perfect vision and therefore do not suspect the presence of any evil defect.

The motive power of the entire human organism is Nerve Energy. Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eyestrain is present, a much larger proportion is required. Hence defective eyes through their consumption of an excessive amount of Nerve Energy may seriously affect the functioning of other organs of the body and produce ill health.

HAVE YOUR EYES EXAMINED

G. F. Hutcheson OPTOMETRIST

Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Causes of Dry Skin

Dear Miss Leeds—My skin is very dry and rough and my pores are getting very large. I have been using the best of face powders and also a good tissue and cleansing cream. I seldom use soap and water. After I powder my face, my skin shows its dryness most. I am 26 years old. I think the powder causes the dryness. What kind should I use?

RED HEAD.

Answer—Powder is defined in the dictionary as a collection of minute free particles of dry substance. As dryness is a characteristic of a substance when it is in powder form, I do not think you can find a face powder that is not dry. There are, however, some heavy grades of powder called cold cream powder that are not so dry as other types. I feel sure, however, that a change to another type would not help you. You must correct the dryness of your skin and use the right powder base; then any good brand of powder will be satisfactory.

Excessive dryness is sometimes due to lack of general physical fitness. The underweight, nervous type of girl often has a dry skin. Perhaps you do not eat enough fats. If you do not know how to eat correctly, have a doctor's advice. At bedtime remove your make-up with the cleansing cream, then wash your face with warm water and pure Castile soap; rinse off all the soap carefully in clear warm water, then bathe your face in cold water for a few minutes, dry and rub in a little of your tissue cream.

Leave the cream on about an hour and then wipe off the unabsorbed portion. If you do not wash your face daily I think you will find that your pores will continue to enlarge. The face powder settles in the pores and is not entirely removed by the cleansing cream, so that it is very important to cleanse the pores well before applying your tissue cream or an astringent. There are astringents in cream form that would be suitable for you to use at night; use it also as a powder base. Of course, never put a fresh application of powder over an old one; always

Etiquette

By Roberta Lee

Q. When acknowledging introductions, why do some people repeat the names of those whom they have just met?

A. Merely to show that they have heard the names correctly.

Q. Is it permissible to eat asparagus with the fingers?

A. No; the fork should be used.

Q. Is it ever correct to stand the napkin on the service plate?

A. No.

For The Cook

CALIFORNIA RAISIN PIE

Grated rind and juice of 2 lemons, grated rind and juice of 1 orange, 1 cup light brown sugar, 2 cups large moist seeded raisins, 1 1/4 cups water, 3 tablespoons flour. Combine lemon juice and rind, orange juice and rind, sugar, raisins and water. Bring to the boiling point and add a small pinch of salt. Mix flour to a smooth paste with cold water, and add to mixture slowly. Let cook slowly for three minutes, then cool slightly. Turn into pie plate lined with rich pastry crust. Put on top crust and bake in hot oven till cooked. Serve warm.

cleanse your skin before using powder, then apply your creamy base, wipe off the excess and dust on the powder. LOIS LEEDS.

Incomplete Address

Mrs. J. W.—I have the leaflet you requested ready to mail to you, but the envelope you sent has an incomplete address. Please write again, giving your full address, including street number, name of town or city and your State. LOIS LEEDS.

Coffure for Long Face

Dear Miss Leeds—My hair is not quite down to my shoulders and my face is long. How can I dress my hair to make my face seem fuller and not so long? My hair is a golden red-brown shade and I have freckles. What colors are becoming? RAINIE.

Answer—Try a center-part coiffure with the hair waved and fluffy at the sides, and the lobes of the ears showing. If your forehead is high, wear bangs. A low side part might also be becoming; do not let your hair come forward on your cheeks. You forgot to describe your complexion tints, but if your skin is medium fair you may wear bronze-green, medium reds, bright pure green, pale yellow, browns and tans, plum color, dull brownish reds, flesh, pale pink, green-blues, navy, gray, deep cream, black. LOIS LEEDS.

Tomorrow—Exercises for the Thighs

BEAUTY ARTS

By LOIS LEEDS



Corrective exercises for postural defects

Good Posture an Asset

One of the most important factors in the acquirement of health and beauty is good posture. No matter how lovely your face may be, if your body is lopsided or round-shouldered, you cannot hope to be a beauty.

Try constantly to practice correct posture. The body should be held as tall as possible, but comfortably, the head erect, chin drawn slightly in, chest held high, abdomen flat, the spinal curves not exaggerated, knees straight, but not stiff, pelvis tilted slightly upward in front. In some types of nervous girls, or those who are underweight the muscles are not strong enough to hold their bodies erect. These cases should have rest and nourishing food. Exercises should be taken lying down on the back.

HOW TO CORRECT ROUND SHOULDERS

To help correct round shoulders you want an exercise that expands the chest. Here is a good one which does not require any apparatus. Stand in a doorway with the palms of your hands facing forward and resting against the frame of the doorway on each side of you at about shoulder level. Keep your feet together, with knees straight and head up; let the body swing forward as far as possible. In this position you are kept from falling forward by the grip of your hands on the door frame. Keep chest up. Slowly return to starting position and repeat six to twelve times. Here is another similar exercise to correct round shoulders. Stand with your back against the foot of a bed, stretch your arms backward and grip the top of the footboard. Keep heels together. Let your body swing forward, raising heels off the floor and curving back inward. Recover. Repeat four to six times.

CORRECTING A "SWAY-BACK" FIGURE

To correct the exaggerated curve that comes at the waist line, begin exercising in a supine position. Lie on your back on the floor. Raise legs and hips from the floor, bracing your body with your hands placed at the small of your back. Swing the legs apart in a wide V-shape, then cross them over each other. Separate the legs again; cross them and repeat several times. Now swing both legs to the floor and rest.

Raise legs and hips up again. Swing the right leg forward, attempting to touch the floor over your head with the right foot. Return it to the vertical position and swing the left leg down. Repeat alternately several times. At first it will not be possible to reach the floor with your toes.

The two exercises above are also very good for reducing heavy hips, waist and back.

FOR DIFFERENT POSTURAL DEFECTS

Second in importance to posture habits are habits of regular exercise. Many women, after they leave their twenties, avoid physical exercise whenever possible. They need regular daily exercise periods, together with walking and exercise out-of-doors. Another poor habit which undermines health and consequently destroys personal beauty is unwise diet, which does not provide enough roughage to prevent constipation. The slouching posture with fatty ab-

dominal walls helps along this un-healthy condition.

The daily exercise may begin with brisk movements for giving the body greater flexibility and stimulating deep breathing. After the general setting-up exercises follow with the special exercises and finish with heel-raising, balancing and posture exercises.

Here are a few corrective exercises for different postural defects, which should, if possible, be taken under the personal supervision of a physical culture instructor who specializes in corrective work.

Exercise 1. Lie on your back on the floor with arms at sides, knees together and bent up, so that the thighs and knees are almost vertical. Inhale, raising chest and keeping abdomen flat and back on the floor. Exhale, drawing abdomen in. This is a simple exercise and easy enough for persons whose weak muscles result in poor posture. Repeat four to eight times.

Exercise 2. Lie face down on the floor with a small pillow under your abdomen. Execute the arm movements of the breaststroke in swim-



Swing left leg forward, trying to touch the floor

ming, swinging the arms out at the sides and back instead of under the body on the return stroke. This is an excellent exercise for flat chests and round shoulders.

Exercise 3. Hang by your hands from a bar. Keep chest raised, hands about thirty inches apart on the bar. Bend and stretch the legs alternately. Then raise and lower legs with knees straight. This is a splendid exercise for the abdomen and makes the muscles in the pelvic regions strong, providing a firm foundation for correct posture.

Exercise 4. Stand erect with arms out at shoulder level, palms up. Keeping trunk and head quiet, describe small circles in the air with the fingers, moving the whole arm at the shoulder. Start the movements in a backward direction.

INERTIA A FOE TO YOUTH

Not until midlady's figure begins to grow too heavy around shoulders, waist and hips does she in most cases realize that there is something wrong with her diet or manner of living. The disinclination toward physical activity that has been growing on her for years passed unnoticed, but it has been the underlying cause of her beauty problems. Had this tendency been checked as it began to show itself, her figure would still possess the lithic grace of youth.

CONSULT A PHYSICIAN FOR SERIOUS POSTURE DEFECTS

It is important, when there is any pronounced defect in posture, to consult a physician or physical culturist

Household Hints

By Roberta Lee

The Umbrella

Rub vaseline on the ribs of an umbrella, and it will prevent rust from loosening and forcing out the small wires.

Sweeping

When sweeping a dusty carpet or rug first scatter pieces of wet newspaper over it and it can then be swept without raising dust.

Oranges

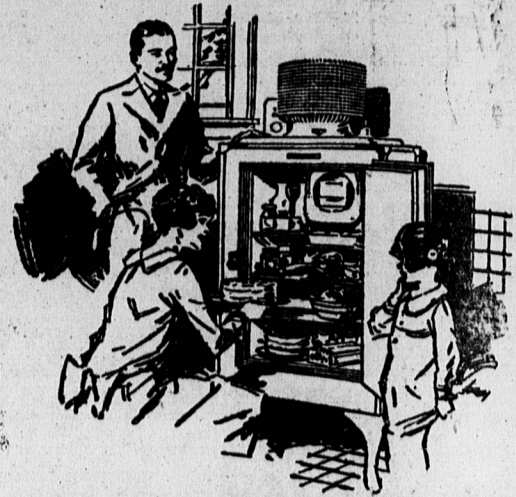
If oranges are thoroughly dried with a cloth, each one wrapped separately in wax paper and placed in a box, they will keep for weeks.

A Morning Smile

Mrs. Newriche had just arrived from a tour of Europe, and her long-suffering acquaintances had no opportunity to forget the fact. "And Paris!" she gushed. "Paris is just wonderful! The people are all so well-educated—not at all like they are in this crude country, my dear! Why, even the street cleaners can talk French!"

A missionary, captured by cannibals, and stripped of most of his clothing, managed to escape. Half-clad, he fled through the jungle, and after many hours he blundered into a native village where, breathless, he who is trained in giving corrective exercises as prescribed by a doctor. However, minor defects, such as are common in most people, may be overcome by the proper exercises, together with constant practice of correct posture during both walking and sleeping hours.

crouched against the wall of a native hut in an attempt to hide. A voice from inside caused him to start. "Oh, you hopeless imbecile," he heard. "Why on earth didn't you put in an attempt to hide?" "Thank goodness!" exclaimed the missionary, "at last I'm amongst civilized people again."



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HERE IS WELCOME NEWS for mothers who fear their children are too fond of sweets. Let them have Quaker Puffed Wheat. It satisfies the candy craving, but has all the wholesomeness of whole wheat.

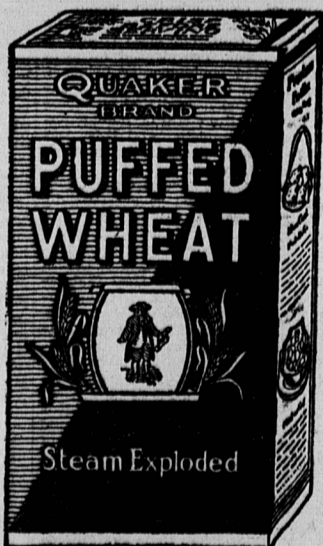
Millions of food cells in each grain are exploded when the wheat is puffed. The rich food stores of the grain are released for easy and complete assimilation. The wheat bran is all there, but so concealed you would not notice it.

The flavour is that of toasted nut-meats. It satisfies when appetites need tempting because they lag. Give it to the children freely at any time during the day.

At breakfast or any other meal, Quaker Puffed Wheat is a delicious cereal dish. Serve with fruits or just milk or cream.

Quaker PUFFED WHEAT

MADE BY THE MILLERS OF QUAKER OATS



Puffed Rice is Good, Too

Quaker Puffed Rice is puffed like Puffed Wheat. The food cells are exploded and broken down. Puffed Rice is another delicious dainty, with the texture and taste of toasted nut meats and full of the ready energy of fine white rice. For variety, keep both kinds in the house.