

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

PIMPLES AND BLACKHEADS

On Face. Lasted Three Years. Healed by Cuticura.

"I was troubled with pimples and blackheads on my face. The pimples were hard and red, and after four or five days would fester. They disfigured my face for a time. The trouble lasted three years.

"I sent for a free sample of Cuticura Soap and Ointment and applied them. They afforded relief after two or three applications. I purchased more and after using three cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed." (Signed) Emmett Labine, Maybrook, N.Y.

Cuticura Soap is sensitive, anti-septic, and not only cleanses but heals irritations and restores the normal action of the pores.

Box 256, Ointment 25 and 50c, Soap 15c, Sold everywhere. Write for sample. Address: Cuticura, Dept. 2, P. O. Box 100, Lowell, Mass.

Carbon Dioxide Keeps Eggs Good

A new way of preserving eggs that appears to have practical uses to farmers, packers, and housewives has been announced at Cornell University, Ithaca, N. Y.

The preservative is carbon-dioxide gas. Disclosure that this gas ranks first in nature's own egg preserving process and that it can be controlled readily by methods previously unconsidered, are the secrets revealed by the Cornell research.

Carbon dioxide is part of freshly laid eggs, but it escapes rapidly through the shells. Its loss is found to be one of the most important causes decomposition. Control of this loss is accomplished readily because the shells reabsorb gas about as easily as they lose it, and because only a slight percentage of gas is needed. Because carbon dioxide is a natural part of the egg, its artificial use in mild doses has no ill effects upon quality. Prompt attention helps to retard the loss.

The research was conducted by Dr. Paul F. Sharp, Professor of Dairy Chemistry, with technical assistance of A. E. Everhart of the Poultry Department.

The two most important results thus far attained are longer preservation of eggs, and delivering them in a fresher state. It probably is a fact, D. Sharp says, that effectiveness of present storage methods comes largely from the fact that the evaporating carbon dioxide in the eggs slightly charges the air about them. This points a practical method of getting newly laid eggs quickly into good containers, even if no gas charge is available. Even a day is vital, so rapid is evaporation.



Now you can dye a dark dress a lighter shade!

... among your frocks you will probably find several that are adorable for Spring and Summer wear—excepting their colors are too dark.

... here is just the usefulness of Tintex Color Remover. Quickly, it removes all the dye (no matter what the material)—and then you simply give your frock a smart, new, light Summer color with Tintex. And Tintex Color Remover is harmless to any fabric that hot water alone won't harm.

... Tintex Color Remover, too, for removing ink, medicine, vegetable or fruit stains from all white materials. Your Tintex dealer has Tintex Color Remover—buy a package today!

THE TINTEX GROUP

Products for every household—Dyeing and Dyeing Need

Tintex Dye Remover—Removes all dyes from wool, silk, less sensitive whites.

Tintex Color Remover—Removes all color from any material so it can be dyed a new shade.

Whites—A special bleaching formula whitens yellowed silks and wools.

at all drug, dept. stores 15¢ and nation centers...

What New York is Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



A charming slender model in dainty cotton voile in small all-over pattern in flattering yellow-beige and brown tones. It dips its side hem through lower tier of skirt. You'd be surprised how this dipping length adds to one's height. It's a graceful new idea of femininity that has entered the daytime mode for summery wear.

The front of bodice repeats the diagonal movement of skirt through intricate seaming. That is, it looks

So important is the research considered that patents have been applied for.—FARM AND DAIRY PRODUCE NEWS.

A Morning Smile

An Irish priest offered a pension to the boy who could tell him who was the greatest man in history.

"Christopher Columbus," answered one boy.

"George Washington," answered another boy.

"St. Patrick," shouted a bright little Jewish boy.

"The sixpence is yours," said the priest; "but why did you say St. Patrick?"

"Right down in my heart I knew it was Moses," said the Jewish boy, "but business is business."

DOWN EASTER ARRIVES

ON FIRST TRIP OF SEASON FILED TO CAPACITY

MONCTON, June 30.—The first "Down-Easter" that special train movement direct from New York to the Maritime Provinces left New York yesterday afternoon and arrived in this city in time to connect with the Maritime Express from Montreal to Halifax this morning. All available space on this train was taken, and the direct train service is expected to be a very popular one during the summer months.

The Pine Tree Acadian, the special Boston car, arrived on this train also, and like the New York car was filled to its full capacity, 60 passengers being carried in the two sleeping cars.

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GOOD ADVICE FROM MOTHER OF SEVEN

Recommends Lydia E. Pinkham's Vegetable Compound

Toronto, Ont.—"I began taking Vegetable Compound for nerves and other troubles and I must say I felt different after the first dose. I have been told this last few months that I

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intricate, but is easily accomplished. The pattern is perforated to be cut apart and the edges joined with seaming, pin tuck or fagging, so as to form the deep yoke for decorative effect.

Style No. 2853 is designed in sizes 16, 18 years, 36, 38, 40 and 42 inches bust.

It will make up splendidly in printed lawn, handkerchief linen in print or pastel shade, and batiste, the season's smart fabric that offer such a wonderful change to summer wardrobe.

Polka-dotted red and white crepe de chine is swagger for semi-sports, with bows of white crepe.

Flowered or pastel chiffon is stunning.

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

No. 2853. Size.....

Name.....

Street Address.....

City.....State.....

Those Splitting Siock Headaches!

"FRUIT-A-TIVES" Stop Those Health-Robbing Pains

Mrs. Michael Coulis, Killaloe Station, Ont., writes:

"After using 'Fruit-a-tives' the headaches and dizziness feeling soon disappeared, and for two years now I have been in the best of health."

Sick headaches that come back on you time after time will yield to "Fruit-a-tives." Mrs. Coulis is only one of thousands who have discovered this. "Fruit-a-tives" is a natural medicine, made of famous fresh fruit juices combined with the finest medicinal ingredients. It always relieves. Try it today.

Milady Beautiful

By Lela Loomis



BEAUTY QUESTIONS ANSWERED

Nimble Feet

DEAR MISS LEADS—Please publish an exercise for making one's limbs and light on one's feet. I am 16 years old, 5 feet 6 1/2 inches tall and have very thin legs. How can I fatten them? Does borax in the shampoo make the hair lighter or does it harm the hair?

Answer—Dance exercises are fine for making one nimble. Here is a simple one that should be done as quickly as you can do it, in time to fast march music. Begin by standing erect with heels together. On the first count, slide your right foot straight out to the side, toe pointed and just resting on the floor. On the second count, draw the right foot toward the left foot, placing right heel against left instep; the feet are at right angles. On the third count, point the toes straight out in front. On the fourth count, slide the foot back, crossing the right shin over the left leg and placing the right heel against the toe of the left foot. Students of dancing learn to place the feet parallel with the heel of one at the toe of the other, but you need not turn the feet so far as this. Run through the movements quickly. Jumping rope and tennis are also good exercises for making one light on one's feet but they are rather strenuous for a person who is underweight, as I judge you are. You should weigh about 126 and 128 pounds. You cannot fatten your legs with gaining weight. Eat more fattening foods; drink milk every day; avoid constipation; sleep nine or ten hours each

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Urge Them To Face Reality Dorothy Dix When Should Wives Submit To Divorce?

What should a woman do when her husband ceases to care for her and falls in love with another woman and begs his wife to set him free?



Here are two interesting and bitter letters setting forth the man's side of the problem. A group of men ask these questions:

"Have women any real morality? Do they consider morality a thing of the spirit or just a legal affair? Is morality to them simply self-preservation and selfishness? Is that why they feel justified in clinging to men who hate them?"

"Are wives moral who insist upon living with husbands who want to divorce them but are willing to provide for them who flaunt the women they love and want to marry in the wife's face, who do anything and everything in order to force the wife to give them their freedom?"

"If a man is cruel who leaves his wife, how about the cruelty of the wife who uses every weapon of the law to hold him bound to her? Can a wife suffer any more by abandonment than a husband suffers by bondage? Is a husband to be regarded as nothing but a slave or a cash register?"

"Should an honorable man who wants to live right be forced to live with a wife who has grown repulsive to him?"

Another man writes: "As a matter of moral decency and self-respect I have told my wife that I love another woman and do not love her and that I want my freedom from her. I have offered to share evenly everything I have with her, which is plenty, if she should give me a divorce, and she refuses."

"My wife, like thousands upon thousands of other selfish wives, has thought of nothing but her clubs, her parties, her family. She completely forgot my love and respect. I grew disgusted with her petty character and insane chatter. It is all right to chatter when you are very young, but when a woman reaches the age of 40 it is time for her to develop some sort of mind."

"You say the poor wife isn't to blame when her husband gets so bored with her stupidity that he could almost strangle her. Well who is to blame? Of course, he picked her out. But as a young girl she was as good as the average and he had a right to expect her to evolve as much as an animal. She could at least have learned some new tricks as the years went by."

"We expect chivalry from a man to a woman. Why should not women show some chivalry to men? What about a woman's forcing her husband to live with her when she knows he loathes her?"

"You pity a discarded wife, but have you any idea how a decent man's soul recoils from a wife who is holding him by the law? His skin creeps. He gets sick with revulsion when she touches him. He tries to smile to keep her from being 'hurt' until the thought behind the smile becomes murder, yet the woman hangs on until his last drop of blood is turned to tears of bitterness."

I get many letters like these from men who are not plianters. Not petulant chasers, but fine, upright, conscientious men, anxious to do right, but who have made the terrible mistake of marrying the wrong woman and who are desperately and piteously striving to salvage for themselves a few years of happiness instead of dragging along in drab misery to the grave. And they are fighting a losing battle against women who are entrenched behind their marriage certificates, who are backed up by public opinion and public sympathy and who cannot or will not face the truth that their very victory is more disastrous than any defeat could be and that the fighter they hold on to men who have ceased to care for them the more they lose them.

Sometimes it is the woman's fault that her husband has ceased to care for her. Sometimes she has killed his love by her selfishness, her neglect, her temper, her nagging. Very often she is not to blame. She is all that it was in her to be. She has given her husband all that she had to give him, but it was not enough. She had not the wherewithal to feed his soul. She couldn't be a companion to him no matter how hard she tried because God had given him a fine intellect and her the brains of a hen.

No Tragedies are more terrible than these mismatches, which oftener than not, are the result of early marriages in which the husband simply outgrew the wife. Nothing is more fatuous than the hope with which such women beseech themselves, the belief that if they will just hold on to the husbands who have tired of them, they can get them back again.

Certainly no figure is more pathetic than that of the discarded wife whose vanity and whose pride and whose heart are alike humbled into the dust of her husband's wearying of her and preferring another woman to her. But if we have tears to shed we may spare a few also for the man whose disappointment is as great as his wife's in the failure of their marriage, who has hungered and thirsted for sympathy she has not given him, who has endured a martyrdom of boredom and pretty tyrannies and nagging.

But, as Mr. Cleveland used to say, "It is a condition and not a theory that confronts us," and it seems to me that in such a situation there is only one decent thing for her to do: to let her husband go and to let him go, and that is to set him free. She has lost him and it is of small avail to hold the body after the spirit is gone.

I cannot see how a woman who has a single shred of pride or self-respect left in her can ever desire to bind a man to her when she knows that he hates her, that he shudders at the touch of her hand and that his every thought is for some other woman. Certainly such a union is a mockery of marriage. Certainly in such a relationship she can find nothing but misery and torturing jealousy and she would not only save her face but be a thousand times happier if she would give her husband the divorce he wants and adjust her life along new lines.

Wives whose husbands are begging for divorce might well say, as did another woman to a man who wearied of her: "I won you like a lover. I will lose you like a lady."

DOROTHY DIX.

Household Hints

By Robert Lee

For The Cook

CHOCOLATE BREAD PUDDING

A recipe that calls for stale bread just about delights the economical housewife's heart. Boak a pint of crumbled bread crumbs in 1 quart of

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Etiquette

By Roberts Lee

Q. What is a diplomatic way for a business man or woman to dispose of an unwelcome or wearisome caller? A. One of the most effective ways is, at an opportune moment, to arise.

Q. If a guest brings a box of candy to a party should it be passed? A. Yes.

Q. What is the meaning of "Filet mignon"? A. Filet mignon are small pieces of beef tenderloin, served with sauce.

ROBBER GETS A HOT TIME

(Special to The Guardian)

HAMILTON, June 28.—Detective Wm. R. Clark and an unknown bank robber were shot and killed in a gun fight in the cellar of a house at 242 Rosslyn Avenue North, following the robbery of the east end branch of the Province of Ontario Savings Bank of \$1,500 here this evening. The unknown shot and killed Clark as the latter bravely attempted to penetrate his cellar hiding place, and detective James Bleakley promptly avenged the death of his comrade by firing a 32-calibre bullet into the robber's brain. Tear gas, rifle fire, bullets from the robber's sawed-off shotgun, a club and the most thrilling man hunt in Hamilton's history, all figured in the grim tragedy, which cost two lives. The life of a desperate criminal and that of an officer of the law fulfilling his duty. Detective Clark was married.

With a saved-off shotgun concealed under his raincoat, the unknown robber, aged about 45 years, dark and stocky, gained entry to the bank after closing time by representing himself as a depositor. Once inside, he levelled his weapon at the bank staff, scooped up about \$1,500 in bills from the teller's cage, and was pursued down the street by an officer, the teller and a throng of citizens, attracted by the teller's shouts. The chase led to the cellar of a Rosslyn Avenue home where the robber secreted himself in a fruit compartment. Police reserves were called and tear bombs were rained in upon him, and when the car bombs were presumed to have taken sufficient effect, detective Clark led the way down the cellar stairs. A fusillade from the robber's weapon ended his life, when he reached the bottom and before the echo of the shotgun reports had died down there was a crack-crack-crack, five shots in all from detective Bleakley's revolver, and the robber in turn, toppled over dead.

HAMILTON, Ont., June 28.—Tracing the identity of the bank bandit killed last yesterday in the cellar of a Rosslyn Avenue home, after he had slain acting detective William Clark, local police this morning found he was not a hardened criminal, but a district farmer engaged in his first

NAPOLEON HAD THE RIGHT IDEA

Can't Blame Waterloo on His Diet

"An army travels on its stomach," said Napoleon. He was always very particular that his soldiers were well and properly fed. And it is said of him that he applied this same rule to himself.

Napoleon's "An army travels on its stomach," holds an excellent lesson for you in your daily life. Eat right. Eat foods which give you all those precious elements of nutrition which promote growth, energy and endurance.

One of the most valuable of such foods is Grape-Nuts. Grape-Nuts supplies in crisp, delicious form, five nourishing elements. These are: dextrin, maltose and other carbohydrates, which store up energy; iron, which enriches the blood; phosphorus, which develops strong, healthy teeth and bones; protein, which is the essential muscle and body-building element; and the important vitamin-B.

The crispness of Grape-Nuts is an added benefit. It tempts you to chew Grape-Nuts so that you may enjoy the wonderful nut-like flavour to the full. And thereby, you stimulate the secretion of the salivary and gastric juices in the mouth and stomach, thus promoting good digestion.

And not only does Grape-Nuts promote good digestion because it must be chewed, but Grape-Nuts itself is one of the easiest



Why this Blue Box means money saved—

CARELESS WASHING is harder on clothes than actual wear, experts say. Every time you wash silks, rayons, wools or colored things with soaps containing harmful alkali, fibres are weakened, colors dulled. They wear out sooner!

That means money wasted! Don't run the risk of buying unknown soaps—whether flakes, chips or cakes.

When you buy Lux you know it is safe! Lux contains no harmful alkali—nothing to injure the finest fabric, the most delicate color. With Lux, clothes, curtains, blankets, embroidered linens, printed cottons—neer and sturdy fabrics, too—stay new-looking more than twice as long!

Lux is sold only in the blue box, never in bulk.

Every great movie studio in Hollywood, every New York musical show, buyers for leading department stores, use Lux, to keep clothes new twice as long!

If it isn't in the blue box, it isn't Lux

crime. He was Charles B. Long, of Aldershot, aged 31 years. A truck using in dishes that supply full nourishment without increasing one's weight.

Minard's Ziti for Chapped Hands



SUNNY MORNINGS STEP OUT these glorious summer mornings. Enjoy the delicious nourishment of Grape-Nuts for breakfast. Combined with its world's favourite flavour are five vital elements of nutrition; crispness to give healthful exercise to teeth and gums; easy digestibility. All grocers sell Grape-Nuts—in wax-wrapped packages. It's ready to serve with milk or cream. Four teaspoonsful is a helping—less than one cent's worth.

Grape-Nuts

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