

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

BEAUTY ARTS

By LOIS LEEDS



Regular exercise will cure the average case of constipation

KEEPING FIT IN SPRINGTIME

When warm, balmy days come many of us have "that tired feeling," and it is more of an effort to accomplish our round of daily duties than in the cold weather. Many people at this time of year resort to a tonic to give them more pep. Certainly, in some cases of chronic languor a doctor should be consulted, and perhaps a tonic may be necessary, but one should not doze oneself.

This feeling of fatigue which is so annoying to the business woman or the housewife, or any woman regardless of her vocation, is one of beauty's worst enemies. It makes the skin sallow and the eyes dull; it takes the youthful spring out of one's step and the luster from one's hair. The complexion and voice are also affected by it, the voice is less musical and the complexion rough.

Six Rules for Health

Here are a few suggestions on keeping fit in springtime: First, Drink plenty of water between meals, six or eight glasses. A little water taken at mealtime is harmless, but one



The food we eat supplies necessary chemical elements to the body

should not wash down one's food by gulping water. Second, Every day make it a rule to eat at least one large serving of lettuce and some raw vegetables like tomatoes, celery, coleslaw, grated carrot. In two of your meals each day include succulent vegetables like spinach, asparagus, beets, cabbage, onions, etc. Eat fruit, such as oranges, peaches, apples, pears, grapefruit, every day. Starches and meats leave an acid ash when digested and so a large proportion of the foods mentioned above are needed to prevent too much acidity. The diet should be well balanced. The average person eats too much of the acid-forming foods. Most restaurants do not provide enough fresh vegetables and fruits. Third, Take a walk in the fresh air every day and wear comfortable shoes so that you can maintain correct posture and enjoy your walk, and thus be benefited by it. Fourth, Breathe deeply and evenly. Do not strain. Take full easy breaths. Fifth, Have sufficient sleep every night in a well-ventilated room. Sixth, Be careful to avoid constipation by eating the right food and exercising daily instead of by the use of cathartics. Only on a doctor's recommendation should such drugs be used.

Chemical Properties in the Body

Our bodies are made up of different chemical elements, including carbon, oxygen, hydrogen, nitrogen, calcium, sulphur, sodium, iron, potassium, chlorine, magnesium, iodine, etc. The food we eat supplies these elements. In apples, figs, prunes,

raisins, spinach, asparagus, lettuce and tomatoes, etc., we get the iron that is contained in most tonics. Lime is supplied in milk, figs, lentils, cabbages, etc. Phosphorus in beans, peas, rice, milk and shellfish. These are only a few of the chemicals which are supplied to the body by our foods and are essential to health. Fruit is very helpful in keeping the complexion free from blemishes. Green vegetables are most important as a part of one's diet at all seasons, as they contain certain mineral salts necessary to the health.

Enjoy Outdoor Life in Springtime

Exercise in a gymnasium or out of doors in games or sports of any kind should be taken with as much regularity as is possible. One should enjoy them in order to derive the greatest good from them, and not do them only from duty. Besides the great benefit they do the body, there is an equal benefit derived from all activities of this kind to the mind. It gives one a fresh viewpoint. It is hard to change old habits of thinking in the same environment, but with a change of scene, outdoor activity and new human contacts one has the exhilarating experience of being forced out of the accustomed rut of stale habits. Now is the time to select improved habits of eating, sleeping, exercising, dressing, caring for the body and meeting life with a happy, adventurous spirit.

Relax Frequently

The noise and stress of life nowadays, especially in large communities, is a constant strain on the nervous system, which is one cause of "that tired feeling." This nervous tension causes premature deterioration of mind and body. Therefore, whenever it is possible, spend a day or longer in the country. A week-end spent out in the open, with green trees and fields to look at and the restful quiet of a country scene, is far better than tonics to help build up a tired, restless body or brain.

Avoid Constipation

Constipation is one of beauty's worst enemies. It undermines a lady's health and good looks. It is easier to resort to drugs to correct this ailment, but medicine does not cure it; it only helps to form a habit which, when established, will be hard to break. Right diet, correct posture, deep breathing and regular exercise will cure the average case of constipation without resort to drugs.

Here are two exercises for overcoming constipation:

Exercise One — Stand with feet apart and arms out at shoulder level. Twist the trunk to the right, bend and touch the right foot with the left hand. Keep right arm stretched up. Rise and repeat twist and bend to left side.

Exercise Two — Stand erect, with arms at sides. Kick right leg across the left leg. Return to position. Kick left leg across the right.

Necessary Care For The Kitchen Floor

The kitchen floor deserves careful attention, for an unsatisfactory selection may cause great discomfort to you, who are the very person who wants it to be immaculate.

This may eliminate, tile as being hard. Wood has the advantage of being easy to walk on, but, unless specially treated and regularly cared for, it will not last. Water should never be regularly applied to wood floors. Floor lumber is carefully and scientifically kiln dried to remove excess moisture and prevent boards from curling and splintering. It is, therefore, the height of folly to mop quantities of water on them. The wooden floor, whether it be old or new, should be thoroughly cleaned and should then be supplied with wax, varnish or paint.

To clean an old floor, it may prove

necessary to bleach it with oxalic acid to remove the grey tone which frequent washings and careless rinses give it. The acid must, of course, be thoroughly rinsed off, using at least two waters, and the floor allowed to

dry before any further treatment is given. As wood is porous, a filler must be added, and here it is more satisfactory to use a paste than a liquid filler.

We recommend wax, as it is possible to keep a floor so treated in excellent condition all the time. A bit of wax added to doorways, in front of sink or stove, as these spots become worn, will restore them. And a floor which is kept waxed, will practically never need to be completely refinished.

A varnish or paint finish is desirable in some instances, particularly when a linoleum rug is to occupy a large area of the floor. If one of the inexpensive linoleums are to be used, it should be provided with a coat of excellent quality lacquer before it shows any signs of wear.

Floors, which seem rather more expensive in initial cost are inlaid linoleum and rubber tile, but either of these finishes is properly laid and cared for, will last indefinitely, so that the first cost is practically the

only one. In a new house, either of these materials may be laid over the subfloor; but whether they be laid over new or old floors, the surface should be planed smooth if necessary and under the floor, particularly there should be lime, felt, cemented down and not packed.

Linoleum, unless of the new lacquered finish, should be waxed and polished even as wood is. A paste wax makes the best first coat, and subsequently it should be retouched with liquid.

A Morning Smile

Browne was loaded up with parcels when his friend met him.

"Been doing a bit of shopping?" asked the friend.

"Yes. I've bought my wife two new hats, two boxes of chocolates, and a string of pearls."

"Good heavens! What an awful quarrel you must have had!"

Household Hints

By Roberta Lee

Metal Buttons

Test metal buttons with a magnet. If they can be picked up, it is an indication that they will rust when washed.

Care of Plants

Water-soaked newspapers twisted around the roots of the plants, against the dirt, will keep the plants moist.

Lettuce

To restore wilted lettuce, wash carefully in a basin of water to which has been added two tablespoonsful of vinegar or lemon juice. Allow it to stand for about an hour, then wash in cold water.

ST. VITUS DANCE

A Disease of the Nerves Which Must Be Treated Through the Blood.

St. Vitus dance is a disease of the nerves brought on by a morbid condition of the blood. It is a common disease with children, but sometimes attacks adults. The treatment of this trouble to be successful is through the blood, because rich, red blood is the life food of the nerves. In this way Dr. Williams' Pink Pills have proved beneficial in even the most severe forms of this trouble, because they enrich the blood supply, thus carrying the necessary food to the nerves. In proof of the value of Dr. Williams' Pink Pills in cases of this kind we have the statement of Mrs. William Stead, Warton, Ont., who says:—"My eldest girl at the age of nine years suffered from an attack of whooping cough which left her very weak, and finally developed into a severe attack of St. Vitus dance. She was under a doctor's care, but with no beneficial results. We also tried other treatment, but with no better results. To make matters worse, she was taken down with measles. Again the doctor was called in, as she became so weak, and her limbs so tremble that we had to take her about in a little hand wagon. I thought a change of air and scene might help her, so we sent her by boat to Port McNicol, a distance of about a hundred miles. She seemed to improve while there, but as soon as she came home her strength was gone again. I took her to another doctor, but with no better results. I was distracted to see how helpless she was becoming, so decided to give Dr. Williams' Pink Pills a trial. I got six boxes, and they did what neither doctor nor other remedies had even started to do. They built her up completely; the St. Vitus dance disappeared, she had no sign of weakness and can run and play with the other girls, a thing she could not even try to do for about eighteen months. She walks to and from school, a distance of about a mile, which, of course, is proof of her present good health. I have much to praise Dr. Williams' Pink Pills for, and always recommend them in all cases of weakness."

You can get these pills from any medicine dealer or by mail at 50c a box from The Dr. Williams' Medicine Co., Brockville, Ont.



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