

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

BEAUTY ARTS By LOIS LEEDS



Ten minutes for morning exercises

KEEPING YOUR FIGURE YOUNG

It is essential for the business girl or woman who values her health and beauty and wants to keep her figure youthful to take exercise every day that will induce deep breathing and speed up her circulation. It is not necessary, however, to send a great deal of time or take strenuous exercises—twenty minutes a day is enough or beauty exercises, ten minutes in the evening, but whatever time is given to them it is well worth while. In addition to these daily exercises that may be done in her own bedroom night and morning the business girl or woman should spend at least one afternoon or evening a week at a gymnasium or in an esthetic dancing class or tennis court, golf course or swimming pool. In this manner she can preserve the suppleness of girlhood, which is too frequently lost after schooldays are over and one enters the business world.

HAVEN'T TIME

Loss of physical fitness is usually gradual that one scarcely notices until by chance, or when vacation time rolls around, self-revelation advertises the fact that the youthful lines are gone, and that one's muscles are no longer firm and supple. Then one hears the familiar chorus, "I just can not find time," which is the usual excuse that a great many business girls and women give for neglecting regular exercise both indoors and out-of-doors.

Every one knows that a sedentary occupation tends to make a woman's hips flabby and wide; even though she may not be fleshy elsewhere. Bending over one's work encourages round shoulders, hollow chests and double chins. The absence of physical activity allows the circulation to become sluggish, a condition that brings all manner of beauty and healthy troubles in its wake.

Excuses however, have no weight with Mother Nature. She has decreed the penalties of sedentary living, which are sluggish circulation, poor complexions, digestive troubles, nervous disorders, round shoulders, double chins and wide flabby hips, as well as ungainly and incorrect posture.

Those who engage in sedentary occupations should see to it that their leisure hours, or at least part of them, are spent in physical activity, especially out-of-doors.

SWIMMING FOR BEAUTY

Only a few minutes or half an hour a day of swimming will give the physically inactive woman the exercise she needs to retain her youthful lines are graceful carriage. The pleasant exercise of swimming prevents sluggish circulation, sallow complexions, useless fat tissue, nervous and digestive disorders, and helps one to retain the poise and grace of movement that is the heritage of youth.

Swimming brings results with less expenditure of energy than any other form of exercise. And yet the benefit derived is as great as gained in any other exercise. The body is in a prone position, no part supporting the weight of the other parts, as in golf, tennis or dancing, giving all the muscles maximum freedom with very little fatigue when properly coordinated.

The swimmer inhales through his mouth and exhales through his nose. This is the secret of swimming with the least exertion. The more air you exhale through the nose the more air you inhale, which compels you to breathe deeply and regularly. No matter what stroke is used this correct breathing method will make for graceful movements, confidence and ease.

Swimming, which is simply locomotion added to floating, is founded on confidence, balance and self-control, with a comparatively small amount of effort when properly directed. It is better to get expert instruction in the beginning for the simple reason that it is very difficult to see one's own mistakes and very much more difficult to break them after they have become habits. But do take up swimming if you cannot swim and if you are a swimmer practice your swimming regularly even though you are a business person with very little leisure time on your hands. With careful planning it is possible to give some time to keeping yourself fit and preserving the suppleness of your figure.

HEALTH FROM OUTDOOR SPORTS

Tennis is an active game and there is no end to the benefits that may be derived from regular playing. The quick action of the game stimulates the circulation and the movements of the play makes one breathe deeply, thereby cleansing the blood and exercises the muscles and internal organs, keeping them flexible and youthful.

Any game that involves walking is good. In golf, where leg action is combined with swinging of the trunk, arms and shoulders, the whole body participates in the benefits. Golf develops smooth co-ordination of the muscles and provides a gentle massage for the internal organs. The foot action in golf and tennis are of an opposite character entirely. There is no stance in the latter game. The players must always be on the alert, one foot gripping the ground and the other foot ready to push off for a spring. For this reason tennis is recommended for giving suppleness and grace to ankles and legs.

Of the two games, golf is usually the choice of those who enjoy being out-of-doors, but do not care for the quick, strenuous work required of the



Bending over encourages double chins

tennis player. Golf is not only an interesting game in itself but its environment is very beneficial to the health of the indoor worker. Fresh air, sunshine and the open spaces, together with the peaceful surroundings of green rolling country, help the tired business person to forget the hurry and stress of business and social duties.

CHOOSE AN OUTDOOR HOBBY

While active exercise is as necessary to health and beauty as are eating and sleeping, but best sort of exercise for the average business person is that taken out-of-doors in pursuit of some particular sport or hobby.

Discusses Riddle of Ages Dorothy Dix What Do Widows Say to Second Husbands?

When the Widow Whispers to Her Second Husband That He is Her Ideal, She Speaks as One From Whose Eyes the Scales of Disillusion Have Fallen, and What She Says She Means

Ed Howe, sage and philosopher, who contemplates the vagaries of men and women with shrewd and tolerant eyes, says that one of the great mysteries that he has always speculated about is what widows say to their second husbands. "Does a widow," he asks, "tell her second husband, as she did her first, that he is her soul mate, her ideal and that she hopes that she may die first so as not to have to go through the agony of losing him and endure the loneliness of life without him?" And, according to Mr. Howe, this is one of the few secrets that women keep, for the widow never tells, and so the riddle remains unsolved.

Perhaps the widow does repeat the same litany of love to No. 2 that she chanted to No. 1 and tell him that he is her ideal and her soul mate and that she couldn't live without him, and perhaps she puts a good deal more fervor in it the second time than she did the first. For a young bride's feelings toward her husband are made up of her dreams and illusions and hopes, but a widow's sentiments toward her second husband are the expression of her mature judgment, and if she says he is her affinity, he is.

The young girl trusts that the glamorous youth she is marrying will come up to her ideals and that they will be congenial. And sometimes this happens and sometimes it doesn't. But before the widow takes another husband she makes certain that he has the characteristics she admires and that they have the same taste in everything from politics to pie. Experience counts in marriage as in everything else, and that is why second marriages seldom end in the divorce court.

But whether widows and widowers conduct their courtships along the time-hallowed and conventional lines of love-making or not, if they said what was really in their hearts it would not deal so much with romantic thrills and emotion as with the concrete facts that would make their future life together pleasant and harmonious.

The widow, for instance, does not look for nor desire the qualities in her second husband that she did in her first. Then her ideal of a perfect husband was a godling, a creature of impossible perfections who would always be noble and grand and a perpetual lover who would rain impassioned kisses upon her and quote poetry to her and never be grouchy or unreasonable or say things when the dinner was bad or raise ructions over the bill no matter how big they were.

If there were such a man no widow would marry him on a bet. Her ideal of a husband is a man who is getting fat and middle-aged like herself and who is faulty and human even as she is, but who is kind and generous and understanding and companionable and easy to get along with.

Young brides are always asking their husbands if they should die if they would pine away in a green and yellow melancholy and making their husbands promise that they will never, never, never marry again. And millions of young husbands have to so forswear themselves to stanch their little swetum's tears. No widow makes her husband perjure himself about remarrying should she die because she knows, in the first place, that he will do it anyway should the occasion demand and, in the second place, she has no post-mortem jealousy.

She cannot conceive how it will add to her bliss when she is an angel in glory to have the husbands she has left behind on earth forlorn and lonely and uncared for, with nobody to darn his socks or rub his rheumatism, and so if she loves him she hopes that if she should pass on he will marry again and get a wife who is a good housekeeper and who will make him comfortable and make him change his shoes when he gets his feet wet.

Moreover, what her husband does after she is in the grave doesn't concern her. The thing that is vital to her is the way he treats her while she is alive, and so she is more interested in his views on the allowance question and a wife's right to a little personal liberty of thought and action and whether he is disposed to regard a wife as a parlor ornament or a doormat than she is in any vows of eternal devotion.

Brides are always asking their husbands if they are utterly, surely sure that they have never loved before and if they love them more and more every day in every way and if they know they will never love again, and the foolish little things keep themselves miserable sitting with their fingers on the pulse of their husband's affections, keeping count of every heartthrob and having hysterics every time their temperature goes down from fever heat to normal.

But the widow puts her husband through no questionnaire about his amours. She knows that unless she caught him before he put on long pants he has loved before and that in all human probability he will love again, for that is the nature of the animal. Nor does she worry over his past loves, for she knows the present one is the only one that counts with a man.

Nor does the widow demand to have a daily and hourly report of the state of her husband's affections and insist upon having her ham and eggs flavored with kisses. She knows that the more a man is required to love the less he does it and that he can say it with beefsteaks just as much as he can with violets.

So, what the widow says to her second husband is probably just: "You are IT with me, old thing," and she takes the balance of her sentiments out in cooking the things he likes to eat and sewing on his buttons and smiling indulgently at his little foibles and thinking they are dear because they are his.

But the thing no widow who has a grain of sense in her head ever says to her husband is a word about what a superior man her first husband was.

A Morning Smile

Jameson—"Ah, just going out?" Jameson—"Yes, I'm going to look over my library." Jameson—"Library." Jameson—"Yes, I go around and visit my friends now and then, and look at my books, and often pick up an umbrella or two of mine."

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Milady Beautiful By Lois Leeds



BEAUTY QUESTIONS ANSWERED

How to Dry Your Hair

My Dear Miss Leeds—I prefer to give my own shampoo at home but find the drying tiresome, especially in the winter with hot towels. Is it injurious to dry the hair before a small electric heater if one stands six or eight feet away and does not allow it to become too hot? The electric driers are expensive and heavy to hold. What is the best and easiest way to dry the hair when the weather is too cool for one to go out of doors? Thank you. L. E. C.

Answer—Drying the hair with any kind of artificial heat has a tendency to make the hair dry and brittle. However, when one is in a hurry drying the hair with one of the driers made for that purpose will not be harmful and there are several on the market which I don't believe you would find too heavy to handle comfortably.

The method of hair drying which I recommend as the best is by rubbing with towels. After the hair has been rinsed wring it out with the hands and wrap a warmed towel around the hair; rub the hair in the towel until most of the moisture is absorbed. Remove towel and massage the scalp for a few minutes. Apply another warm towel and when it has cooled remove towel and shake the hair well. Bend over at the waist and let the hair hang loosely over your face while you shake it. This is especially good for stimulating the circulation. Finally brush and comb the hair well. LOIS LEEDS.

Eye Cosmetics

Dear Madam—Kindly give me the name of an eye-brow and eye-lash darkener and where I can purchase some that appeared in your beauty articles weeks ago. A. B.

Answer—There are various reliable brands of eyelash darkener and eye-brow pencils available and these may be obtained from any large drug store, cosmetic counter or beauty salon. Eye shadow comes in various shades—blue for blue or gray eyes, greenish-brown or green for hazel or brownish-green eyes, while a soft brown makes brown eyes more brilliant. It must be applied skillfully and delicately to obtain the desired results. LOIS LEEDS.

Reducing Lotion

Dear Miss Leeds—Kindly tell me the ingredients to purchase to make camphorated alcohol, which you recommended for a large bust. Is the mixture made of camphor, water and alcohol? W. M.

Answer—Dissolve one-half ounce of powdered camphor in one quart of rubbing or massage alcohol such as is used by athletes after exercise. Simply bathe the bust with warm water and soap and rinse in tepid water. Dry and pat on the lotion. Do not use deep massage, as the bust is a very delicate organ. Exercise, correct posture, deep breathing and good general health will keep the bust and chest muscles firm. LOIS LEEDS.

Household Hints By Roberta Lee

Eiderdown Garments

To clean an eiderdown garment, rub it well with cornmeal. Allow it to stand for a few days and then shake thoroughly.

Welsh Rabbit

Welsh rabbit is an excellent dish for a meat substitute and should be served with a mixed vegetable salad.

Colds

Powdered borax snuffed up the nose will dry out a cold in the head.

HAMPTON SCHOOL

The following is the standing for Hampton School for September:—

- Grade 8—1 Violet French; 2 Iva French; 3 Mabel Myers. Grade 7—1 Bertram Cameron; 2 Margaret Cameron; 3 Donald Cameron. Grade 6—1 Davis Myers; 2 Keith Myers; 3 Cecil Ferguson and Howard Myers (equal). Grade 5—1 Elmer Inman. Grade 4—1 Edith Cannon; 2 Everette Rogerson; 3 Ralph Myers. Grade 3—1 Roy Moore. Grade 2—1 Vera Cannon; 2 Arthur Myers; 3 Marguerite Ince. Grade 1 Sr.—1 Lorna Cannon. Grade 1 Jr.—1 Elton Duntford; 2 Rowen Ferguson. Vera Darrach, Teacher.

Owners of Golden Colliery, Durham, England, were recently awarded \$250 damages against each of 640 miners for breach of contract by causing the pit to be idle when they struck during a minimum wage dispute.

Etiquette By Roberta Lee

Q. Is it permissible to place one's hand on a person's arm or shoulder, or hold their hand, when talking with them? A. No; and this habit is often annoying.

Q. What is meant by an "American plan" hotel? A. It implies so much a day for the room, including table d'hote meals.

Q. When is a wedding rehearsal held? A. The day before the wedding.

For The Cook

CHOCOLATE BLANC MANGE WITH PEPPERMINT SAUCE

Two tablespoons cornstarch, 2 tablespoons sugar, 1 square chocolate or 3 tablespoons cocoa, pinch salt, 2 cups milk, 1 teaspoon vanilla. Scald 1 1/2 cups milk. Mix together the cornstarch, sugar, cocoa and salt. Add 1/2 cup milk and mix thoroughly. Add scalded milk, mix well, and return to double boiler. Cook twenty minutes. Add vanilla, pour into moulds, and cool. Serve with peppermint sauce made as follows: One cup sugar boiled with 1/2 pound marshmallows, cut fine, and water to moisten. When it boils, pour into 2 stiffly beaten egg-whites. Add a few drops of peppermint, and color green if desired. Pour over the moulds and serve.

The General Fascist Confederation of Italian Industries now has a membership of nearly 71,500 firms employing more than 2,000,000 people, thus embracing nearly nine-tenths of Italian industrial activities.



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