

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

Milady Beautiful



BEAUTY QUESTIONS ANSWERED

Beauty Problems of a Young Business Woman
Dear Miss Leeds—I am a young business woman, 5 feet 4 inches tall, and I weigh 104 pounds. I am 23 years old. I would like to gain weight. I am married and have one child. I do all my housework and go out to work every day. My neck is thin, my bust is flat and I feel so tired and weary all the time because I am troubled with indigestion and I am very nervous and irritable. Some of my teeth are in very bad condition and I cannot chew hard bread or meat and whatever I eat gives me distress afterward. Please advise just what to do in my case.

MRS. S. G. C. R.
Answer—The first thing for you to do, my dear, is to have a thorough physical examination and have your teeth attended to by a good dentist. Probably your bad teeth are the cause of all your trouble, because if you cannot masticate your food properly and eat substantial meals your whole system cannot function correctly and this state will cause all kinds of trouble. Your indigestion, stomach and nervous disorders cannot be improved until your body is properly nourished; your food is not doing you very much good because it is not digested or assimilated. The semi-starved condition makes you nervous and irritable.

The next thing for you to do is to lay out a plan by which you may gain your normal weight, which is between 120 and 130 pounds. This health and beauty program should include more sleep, rest and relaxation than you have been getting, as well as a more nourishing diet, and also you must train yourself to control your worry habit and irritability. I know that it will not be easy for you to meet these new conditions, but if you will make a determined effort to regain your health and beauty now while you are young you will find it well worth while.

As you grow older it will be much harder to change your present mental and physical habits. Keep the thought in mind, my dear, that you owe it not only to yourself but to your husband and the little girl to improve your health and disposition. Do not make the most of yourself even though you neglect some minor household duty and give up working outside every day. Perhaps you could take a part-time position which will give you more time to your health and home.

Make up your mind to be poised and calm, and cultivate a happy attitude of mind no matter what happens. This will make things go smoother, and it is a good way to break that worry, hurry and rush



From Mother of Six

"I think Lydia E. Pinkham's Vegetable Compound is wonderful! I have had six children of which four are living and my youngest is a bonnie baby boy now eight months old who weighs 23 pounds. I have taken your medicine before each of them was born and have certainly received great benefit from it. I urge my friends to take it as I am sure they will receive the same help I did." —Mrs. Milton McMullen, Vanessa, Ontario.

Lydia E. Pinkham's Vegetable Compound

Household Hints

White Enamel Furniture

Stains on white enamel furniture can be cleaned by adding a small box of potash to a kettle of clear water, letting it stand for a few minutes, and then washing the furniture with this solution and soap.

Potato Chips

Steam the potatoes for fifteen minutes before frying potato chips. This saves time and fat and makes a crispier chip.

Safety Matches

To strike safety matches when the box is lost, strike them on the window pane or any piece of glass.

For The Cook

DATE AND NUT PUDDING

One cup flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 1 cup diced dates, 1 cup chopped nut meats, 1 egg, 1 cup sugar, 1 teaspoon vanilla, 1/2 cup milk. Sift the flour, baking powder and salt together. Mix the diced dates and nut meats through the flour. Beat the egg, add the sugar gradually, then the vanilla. Stir in the dry ingredients, alternately with the milk. Pour into a well-oiled baking pan or individual custard cups. Set in a pan containing boiling water. Cover. Bake in a slow oven (274-300 degrees) for 1 1/2 to 2 hours. Chill. Serve with whipped cream or a custard sauce, or a portion may be served with a ball of vanilla ice cream. Serves six.

Character Close-Ups

EARS THAT ARE WIDE ABOVE AND NARROW BELOW ARE FOUND ON FOLKS WHO ARE ALWAYS LOOKING OUT FOR THEMSELVES

habit that will ruin your health, beauty and disposition. Whenever you get into that nervous, irritable mood a good way to break it is to lie down quietly and relax completely. Ask yourself if it is worth it and where is it leading? Remember that more nervous energy is wasted when one allows it to run riot than would accomplish three times more actual work in the home or office when it is properly directed and controlled. And it is well worth patient training and cultivation in every circumstance or condition, whether it be in the home or business world.

Please send a self-addressed, envelope for my leaflets on gaining weight, a daily beauty program and care of the neck, throat and chest, which give the treatments, suggestions and advice in detail. You must give some attention to your health and beauty every day if you expect to enjoy vibrant health, retain your good looks and keep your husband and little girl happy and contented. LOIS LEEDS.

CHOOSING FACE POWDER AND MAKE-UP FOR HER TYPE

Dear Miss Leeds—I have ash blond hair, brown eyes and a medium skin. Please tell me what shade of powder to use and what color of rouge and lipstick? Tell me how to choose a good face powder? My skin is rather sensitive and I do not know what kind of powder to use. G. R. T.

Answer—You may use a touch of coral or geranium rouge and lipstick and flesh-rachel face powder and brown eye shadow for evening make-up. A fine, lightweight emollient face powder will be suitable for your type of skin. Remember that the powder base is important. Use a skin tonic after removing cream before you apply your foundation cream and powder. You are safe in choosing the products of well established and reliable firms that manufacture cosmetics and face powders. I am sorry, but I cannot recommend any special brands of cosmetics to my readers. LOIS LEEDS.

Tomorrow — Weight Chart for Girls and Women.

Etiquette

By Roberts Lea

Q. When one passes his plate for a second helping, should he leave his knife and fork on the plate?

A. Yes. Used silver should never be placed on the table cover.

Q. Should a woman thank a man for a pleasant evening, after attending the theater?

A. No, unless he has in some way inconvenienced himself, in order to be with her.

Q. On what occasions should a man wear full dress?

A. Full dress is worn at an opera, a ball or formal evening entertainments, an evening wedding, a dinner where formal invitations have been issued, and at certain State functions.

Motoring With Mary

By MARY JANE MOORE

Every revolution of the engine grinds "out" life for the woman who drives a car, one of the "has discovered."

SPRING AND NEW CARS

"These advertisements are remarkably interesting." I looked up from my magazine to remark.

"There you go again," Bob replied. "If you women would only stop reading ads, this world would be a happier safer place for husbands."

"Why, reading the ads is what I regard as open-mindedness." I countered.

"Yes, but every time you get open-minded that way I have to get open-minded," Bob snapped, as husbands will. "What advertisement are you reading?"

"Oh, I'm being broad and reading them all—all those about the new model cars, I mean."

"They're corking, aren't they?" Bob grew enthusiastic.

"You haven't been reading them, too?" I checked him.

"Well, I couldn't help it," he resisted, "everything's plastered with new car advertisements since January. But, I've noticed some especially. There's that new small eight by the Blank company, for instance."

"Oh, so you're actually considering a specific car?" I interrupted.

"Well, I hadn't gone that far."

"To be downright honest about it," said Bob, "ever since I saw the first models along automobile row a couple of months ago, I have had an uneasy sense that our present car is about to fall apart. Nothing tangible you know, just a feeling that maybe we ought to consider replacing it."

I laughed. Who wouldn't? I knew that later Bob might insist that I had tempted and subtly led him into buying a new car.

"Go ahead and laugh," said Bob, "but I'll bet you want a new car as much as I do."

"And, so does everyone else in the world," I added. "Have you ridden in the newest model of our car? I went out the other day with Mildred and she let me drive hers. I didn't know there was so much room for improvement. Why it seems an altogether different car."

"Well," said Bob, "I haven't ridden in the new line put out by the Silent Six company, but I had a ride the other day in that new small eight by the Blank outfit. There's a car for you."

At that juncture, I suggested we get down to brass tacks.

"What we both are trying to say is that we might well begin considering a new car," I remarked. "In the Spring, a young married couple's fancy turns that way. Now if you are agreed that we can afford it, that it is worth the money, let's decide that we are going to get a new car. Once the decision is made, we can begin to decide what kind of a car, what price car, what model car, and all that sort of thing. We know about five families that have bought 1930 models and we can let them help us make our purchase, if we decide we want to buy a car."

"In that case," I remarked, "we might well consider looking around."

"Let's go up right now and look at that new Blank Eight," said Bob.

NEUROUS HEADACHE NEURALGIA

TO STOP THAT PAIN QUICKLY

RUB ON NERVINE

But saving, like every other virtue, can become a vice if carried to an extreme, and it is just as foolish and wrong for a man to deny himself and his family every pleasure as he goes along through life as it is for him to waste everything in riotous living. For we pass this way but once and if we do not stop to play a little and to have a little fun we have missed something that we can never have again.

We can wait for things so long that we do not want them. We can atrophy our desires until we no longer have any. We can deny ourselves pleasures until we lose the capacity for enjoyment, and that is what the too-

Dorothy Dix' Letter Box

The World Owes a Debt of Gratitude to Old Maid for Her Disintegrated Service in Behalf of Mankind. How to Loosen Purse-Strings of Stingy Husband

Dear Miss Dix—I am one of the millions of girls who did not marry because there were more women than men in the community in which they lived. What can society expect of us old maids? OLD MAID.



Answer: Unless you are one of those who believe that adding to the population in an already overcrowded world is the most important function of a human being, there is no reason why you should not esteem an old maid's life as useful to society as that of any one else.

As a matter of fact, there are few people who have performed greater service to their day and generation than old maids. Queen Elizabeth, ruling England wisely and well and in whose reign literature flourished as it never had before and commerce expanded and colonies were developed. Susan B. Anthony, leading the fight for women's freedom and right to the ballot.

Florence Nightingale, coming like an angel to the wounded soldiers in war and blazing the way for the great Red Cross to follow, carrying succor to all the afflicted of the world. Jane Addams, establishing community centres and beginning the Americanization of aliens in our country. Dorothea Dix, the first person to bring about the humane treatment of the insane. Frances Willard, teaching temperance. Thousands of old maids who have been educators, who have been writers, who have been artists. The list is endless. Why, practically every female saint who has ever been canonized has been an old maid.

And in every town and community in the land, in every family, there are old maids who are the backbone of every movement for civic and public good and who do the work that other people are too busy and too occupied with their own affairs to do. It is Miss Jane or Miss Kate who wake people up to the need of a hospital or a tuberculosis clinic or a crèche for the babies of working mothers. It is Miss Mary or Miss Emeline who organizes the public library and starts the play center for children.

And it is Aunt Sally or Aunt Hatlie who hasn't any children of her own who comes in to help out when mother is sick and the children have the flu and the cook leaves and everything is at sixes and sevens and poor father doesn't know which way to turn.

And there are millions of prosperous men and women who owe what they are to the sacrifice of some old maid sister who stayed at home with the old people so that they might be free to follow their own ambitions, who worked and denied herself to put them through college and to give them the good clothes that enabled them to take their place in society.

Somebody once said that God couldn't be everywhere all the time, so He made mothers. You could amend this and say that mothers couldn't do everything, so God made old maids to do the things that mothers left undone.

Nothing is more pitiful than the way that old maids undervalue themselves and the lopsided and pessimistic view they take of their estate. They seem to feel that there is kind of shame attached to being unmarried, that it indicates that they were lacking in attractions and were passed over by men. Also, they seem to feel that they have missed everything in life worth having in not being married.

All of which is utter nonsense. For a woman not to have married is no reflection upon her charms. It merely shows that for some reason of her own she did not choose to marry, and every intelligent person looks upon it that way nowadays. None but fools sneer at old maids any more than they do at old bachelors. In these times no one questions why a woman marries or remains unmarried. It is entirely a matter of personal preference and individual circumstances.

Nor need the old maid feel that she is barred from happiness and a full and useful life. Undoubtedly the highest pinnacle of human bliss is attained by the lucky woman who marries a man who loves her and is faithful to her and who has fine children, but how many women are fortunate enough to draw the capital prize in the matrimonial lottery?

And if the old maid misses the best fate has to give, she also is safe from the worst fate that can befall a woman. She never goes through the agony of the woman who sees her husband cease to love her, who sees another woman put in her place, who listens to the ras of a drunken footstep coming home of a night. She never has her heart broken by wild and ungrateful children.

So the old maid's lot is not one that calls for self-pity. It is one that has many consolation prizes in it and that can be made of benefit to its owner and to society. DOROTHY DIX.

Dear Miss Dix—My husband has a salary of \$10,000 a year. We have no children and no dependents. He gives me \$100 a month. Out of this I have to buy all of the food, all my clothes and any little extras required for the house. On no account does he ever give me an extra dollar. When we go on a vacation I have to pay my own board and I have to save up for that, as I don't receive any money for that time. I am very self-conscious when I am out in company, as I am never well dressed. My husband is good to me in every other way and he doesn't spend any money on himself either or any one else. If we had to save every penny I would gladly do it, but as we don't I think I should have a little more liberal allowance. I earned \$50 a week before I married. TROUBLED HOUSEWIFE.

Answer: Well, if I had that sort of tightwad husband I would go back and get my old job and let him see if he could get anybody else to do the cooking and scrubbing and washing and ironing and the marketing for their board and clothes.

There is no one in the world who believes more in thrift than I do. I think that every married couple who live up to every cent they make, unless they make so little that there is no possible margin of saving, are both fools and knaves. They are fools because the rainy day is bound to come to us all. There are bound to be times of bad business, times of sickness, the time of old age when one's earning capacity is over with. Idiots, thrice idiots, those who do not provide in the days of prosperity for these contingencies.

And they are criminal because those who have not saved up anything to carry them through the lean years rob the thrifty who have worked and sacrificed to accumulate what they have. The parasite is just as much a thief as the hold-up man.

But saving, like every other virtue, can become a vice if carried to an extreme, and it is just as foolish and wrong for a man to deny himself and his family every pleasure as he goes along through life as it is for him to waste everything in riotous living. For we pass this way but once and if we do not stop to play a little and to have a little fun we have missed something that we can never have again.

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WHO ARE YOU?

A Cook?

The Romance of Your Name

By RUBY HASKINS ELLIS



Cook

There are Cooks, Cooks, Cooks, Cooks and Cookmans, but most of them are traceable back to one original family. There were many persons of this name in early periods of English history who held places of importance in the life of the nation. One Robert le Cook and his son held hereditary offices as master of the Cook of Whitby Monastery in the middle of the twelfth century.

John le Cook represented Herfordshire in Parliament in the reign of Edward III, in the fourteenth century.

Sir Anthony Cooke, grandfather of Lord Bacon, was a brilliant scholar and a great educator. He was appointed to preside over the education of Edward VI.

One of the first of the Cook family to come to America was Francis Cooke, who with his wife were signers of the Mayflower compact in the cabin of the ship.

Mordecai Cooke established the Virginia branch of the family in America. His wife was slain by the Indians in 1650 and he later married Joan Constable. He was the owner of large estates in Virginia. Giles Cooke, son of Mordecai, is represented as being one of the "Knights of the Golden Horseshoe" in 1715.

Another distinguished member of the Cooke family, was James Cooke, who was one of the first persons to circumnavigate the globe.

In later times there have been many distinguished people of the Cook family in America. The late Dr. George Wythe Cook, prominent physician of Washington, D. C., was a soldier in the Confederate Army in the Civil War and also served in the Spanish-American War. He became a professor of medicine in the National University and George Washington University, Washington, D. C., and was a member of the Washington Academy of Sciences.

She Found Relief For Her Kidney Trouble

Quebec Lady Used Dodd's Kidney Pills

They Relieved Her Backache, After Everything Else Had Failed

St. Nere, P. Q., Feb. 25.—(Special) "For a long time I have suffered with backache and pains in the side," writes Madame L. Bouffard, a well known resident of this place. "I tried everything without success. I had received your Almanac and read it with pleasure. I read of cases where relief through the use of Dodd's Kidney Pills was obtained and decided to give them a trial. Since that time I am very well. I thank you for that Almanac."

Other sufferers from backache tell of pains relieved and health restored, through the use of Dodd's Kidney Pills. They strengthen the kidneys and put them in shape to do their full work of straining the impurities out of the blood. Dodd's Kidney Pills do not affect the Liver or the Stomach, they are just a special Kidney medicine, solely affecting the kidneys. Why not give them a trial?

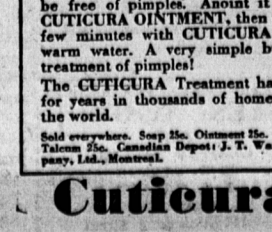
They put off feasting until they have lost their appetite. They defer their joy rides until they are too old and rheumatic to want to do anything but sit by the fireside. They hoard and hoard until that gets to be such a passion with them that they cannot spend, and so in the end the only ones who enjoy their fortunes are their heirs.

There is no other husband in the world who is so hard to deal with as a miserly one, because he loves his money better than he ever does any woman, but sometimes such a man is ashamed to have it known that his wife has to work to get her pin money and he will give her a decent allowance rather than have her take a job. DOROTHY DIX.

Free from pimples!

What a relief it is to know that your skin can be free of pimples. Anoint it gently with CUTICURA OINTMENT, then wash off in a few minutes with CUTICURA SOAP and warm water. A very simple but satisfying treatment of pimples! The CUTICURA Treatment has been used for years in thousands of homes throughout the world.

Sold everywhere. Soap 5c. Ointment 10c. and 50c. Talcomb 5c. Canadian Dispensary, J. T. Watt Company, Ltd., Montreal.



Silk Stockings Free

You can now obtain high grade silk hosiery in all the latest shades — free by saving the coupons which are now enclosed with every package of Blue Bird Standard and Orange Peckoe, Tippy Tip, Queen and Acadia Brand Teas.



Full list of these valuable premiums sent free on request

Blue Bird Tea Co., Limited HALIFAX, CANADA

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

Full in size of pattern. Address Pattern Department. Our Fashion Magazine is 15 cents, but you may order a pattern and a Fashion Magazine together for 25 cents.

Form for ordering patterns: Name, Street Address, City, State.

A Morning Smile

The plumber rang the bell, and as it happened, both the master and mistress of the house came to the door.

As they stood very methodical, said: "I wish, before we go upstairs, to acquaint you with the trouble."

"I'm very pleased to meet you, mum," said the plumber.

A practical school frock of rough surfaced tweed in Spanish red tones in new diagonal weave of unusual dash and sophistication. The deep turn-back cuffs and rather large Peter Pan collar employ plain woolen in blending shade trimmed in deeper tone binding.

It buttons down the front to just below the belted normal waistline, and dip its front hem of circular skirt which gives the figure trim vertical line. Inset pockets are placed diagonally.

Style No. 3281 that can be had in sizes 6, 8, 10, 12 and 14 years, you'll like it quite as well in soft brown shade of Kashmir wool jersey with collar and cuffs of yellow-beige linen piped in brown linen and worn with brown suede belt. The collar and cuffs the best made detachable so as to be easily laundered.

Flannel, wool crepe, novelty wool-ens, tweed-like cotton and wool challis prints appropriate. Pattern price 15 cents. Be sure to

WOMEN'S AND GIRL'S TALL OVERSHOES

Black Jersey cloth, and Cashmerette, some have four buckles, others two buckles and two straps.

May be they are not considered quite so up-to-date, but they are much more comfortable and serviceable than this years models.

\$1.00 A PAIR For sizes 2 1/2, 3, 3 1/2.

\$1.48 A PAIR For sizes 4 to 7 1/2.

Coloured Overshoes, \$1.75 a pair. (Sent by mail free of postage.) ALLEY & CO LIMITED FASHIONABLE FOOTWEAR