

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

Milady Beautiful

By Lois Leeds



REGULAR MANICURING

out the cause of this high-strung condition. The third step is to cultivate pose, relaxation and mental serenity by re-educating oneself to more hygienic ways of living.

Having determined to get rid of this nervous habit, one will find that the nails will respond to regular local treatments. Well-kept, nicely manicured nails are one of the chief characteristics of the well-groomed woman.

NAIL-BITERS AND MANICURING.

A great deal about one's general health and habits may be gathered from the appearance of the nails. If they are brittle and furrowed it may be an indication of tubercular trouble, sluggish circulation or a lack of certain mineral elements in the system due to wrong eating or other causes.

Nail-biting is a nervous habit with a great many girls, and women, too. Judging from the letters I receive asking for advice on this subject, the first step in the cure is to realize just where these habits are leading one.

It is a good plan to get into the habit of pressing back the cuticle and applying a little hand lotion after washing your hands. It takes but a moment or two to do this and it will help to keep the base of the nails in a presentable condition all the time.

Manicure your nails thoroughly once or twice a week, or have your manicurist give them a thorough overhauling at regular intervals. It is an easy matter to keep the nails well groomed once you get them into good condition.

Repeat the process on both hands. It may be necessary to cut away a

There is nothing quite like the satisfaction of knowing that one's finger nails and hands are well groomed. Nails are meant to protect the fingers, also, but when they are too long or too short they cannot fulfill this function. They should be kept moderately long in an oval or slightly pointed shape.

The nails should not be cut with scissors but filed from the side toward the centre. Wash and dry the hands. Draw the file across with a single stroke (do not file back and forth). After filing the nails soak your hands in warm, soapy water for a few minutes. Dry hands with brittle finger nails may be soaked in warm olive oil for ten minutes. Dry thoroughly and push back the cuticle with an orangewood stick with a tuft of cotton twisted at the blunt end.

Repeat the process on both hands. It may be necessary to cut away a portion of the pushed back cuticle, but cutting should be averted if possible, to the snipping away of the ragged edges and hang nails. The nails are then smoothed with an emery board and nippers may be used to remove the hard skin at the corners. Then the nails are dried and polished. A liquid polish may be painted on evenly with a small brush kept for this purpose.



And now—King Cole Coffee

THE wide-spread sale of King Cole Tea over a great many years proves unquestionably the ability of its blenders to satisfy public taste.

The same sincere care for goodness of product, the same untiring application of expert knowledge, the same watchful regard for a reputation, established and to be established, is behind King Cole Coffee.

Your liking for King Cole Tea will naturally lead you to try this equally fine coffee.

KING COLE Coffee

Other men would defer to his opinions and respect his judgment, but he would obey her like a little child and never think of such a thing as interfering in her management of the house or the rearing of the children.

He would be a money-maker, but he wouldn't let his business interfere with his amusing his wife. He would always be able to drop his work and go away with her when she wanted to take a trip. And he wouldn't be able to take as much interest in Matinee as he does in General Motors, if he is a business man, and if he is an intellectual he would pull off killings in the stock market as frequently as he does epigrams.

Tomorrow—Beauty Questions Answered.

For The Cook

SPINACH SURPRISE Cook and then drain well enough spinach to make 2 1/2 cups. Make a sauce of 2 tablespoons butter, 1 1/2 tablespoons flour and 1 cup milk. When thick add salt, pepper and 1 cup minced cooked ham. Cut into slices three hard boiled eggs. Place alternate layers of the spinach, sliced egg and the sauce in a buttered baking dish, using a portion of the sauce for the last layer. Sprinkle over the top 1/2 cup grated cheese, set the dish in a pan of hot water and bake for one-half hour.



"Before My Baby Was Born"

"I was in very poor health before my baby was born and had to lie down two hours every day. The doctor said I would never carry my baby as I was too weak. My mother persuaded me to try Lydia E. Pinkham's Vegetable Compound. It has helped me wonderfully. My baby is not very big but he is strong and healthy. I recommend the Compound to every woman I hear complaining and when I feel weak I take it again myself. Everybody says they never saw me looking better. I will be glad to answer letters if I can help other women to be strong and healthy again." —Mrs. William Harby, 79 Queen Street, Lindsay, Ontario.

Lydia E. Pinkham's Vegetable Compound

What Makes the Ideal Husband? Dorothy Dix

"A Woman's Ideal Husband Would Be a Composite of Rudolph Valentino, Henry Ford Job and Ananias. Is It Any Wonder That She Never Finds Him?" Inquires Dorothy Dix.

No woman ever gets her ideal husband for the very excellent reason that Prince Charmings exist only in fairy tales. In a real world husbands are mere male creatures with tempers and nerves and narrowness and prejudices and littlenesses and meannesses and a large and assorted variety of human weakness mixed up with good qualities in even the best of them.

God made 'em that way, all faulty and twisted-like to match the women. Otherwise divorce would be even more common than it is, for no wife could stand living with a perfect husband day in and day out. Nevertheless, every woman cherishes in her secret soul the vision of the ideal husband that she feels she should have got if Cupid hadn't double-crossed her.

To begin with, he would be a sheik. Tall, dark, with a classical profile and brooding, passionate eyes, but he would never know that he was handsome, nor go peacocking around, as masculine beauties generally do, expecting every woman to burn incense at his feet. Nor would he be so good-looking as to present an invidious comparison to himself. Heaven knows it is soothing to no woman's vanity to hear people say wherever they go: "Isn't Mr. Blank just perfectly stunning-looking? And how do you suppose he ever came to marry that homely little frump?"

Then he would have a way with every woman. He would be gallant. He would be a parlor knight who would always be picking up handkerchiefs and pulling out chairs and kissing hands. And he would have a keen line and know how to jolly a woman along and make them pretty speeches. He would be an adept at near-flirtations, but he would never philander and he would never, never, NEVER know that there was any other skirt but his Maria's.

He would be a masterful man. A man who dominated all about him. A man whom other men feared and of whom they stood in awe. A cold hard inexorable man who forced his will and opinions on others, but he would be clay, in her hand, and she could do with him as she would.

Other men would defer to his opinions and respect his judgment, but he would obey her like a little child and never think of such a thing as interfering in her management of the house or the rearing of the children.

If she wanted to have the drawing room done over in Empire style, Empire it would be without arguments on the subject. If she desired to go to Europe for the summer, he would immediately perceive that she needed a sea voyage and foreign travel. If she wanted to put the children in private schools, he would say: "Yes, my dear," not because he was weak, but just because he recognized that she was always right about such things.

He would be understanding. He wouldn't be cross and grumpy and say mean-hateful things because there wasn't any dinner ready when he came home from work or an evening. He would know you simply CAN'T break up a bridge game just to rush home and cook something for your husband to eat, and that you were not to blame if the tea held on past 5 o'clock.

Nor would he raise a ruction every time you got a new hat that cost more than you should have paid and remind you that he was wearing last year's lid. He would see that you couldn't let that uppity Mary Jones make you look like something out of the ragbag and that you just had to have a new blue hat to match your blue dress. And he would know that nobody notices a man's hat and he might just as well wear an old one as a new one.

He would be easy to live with. He wouldn't be fussy about food except you to spend your time over the stove cooking him up hot meals when you could open up a can of something and get something else in from the delicatessen. Nor would he expect to be considered around the house or to have any right in it.

He would be perfectly satisfied to be ousted out of the living room by Mary and her boy friend, and out of the dining room by Johnny and his gang, and out of his bedroom by his wife's relatives and to have to spend his evenings sitting in the kitchen or on the back stoop, and he wouldn't expect to have even one hangar in the closet for his individual possessions.

And he would simply be glad and consider it a privilege to stay at home and work while his wife went away for a couple months in the summer when it was hot and a couple of more months in the winter when it was cold, and he would never dream of such a wicked thing as stepping out in the long, lonely, dreary evenings.

Above all, the ideal husband would be a perpetual lover. He would never weary of assuring his wife of his burning devotion and swearing that he couldn't live without her. He would never forget anniversaries, and no matter how old and fat she got he would assure her that she was still the most beautiful creature in the world.

A woman's ideal husband would be a composite of Rudolph Valentino, Henry Ford, Job and Ananias. Is it any wonder that she never finds him? DOROTHY DIX.

King Forced To Barricade Self Dies From A Fractured Skull (Canadian Press) MOSCOO, Oct. 9.—Advices received here today stated that Nadir Khan forces have captured Kabul, Afghan Island, forcing Habibullah Khan, the one time water boy, and now king to barricade himself in a house in the centre of the town. Kandish forces in Gardes and Karisidervesh surrendered to Nadir Khan, who has despatched a strong force toward Jalabad to meet troops which Habibullah had ordered to come to his rescue in Kabul. Habibullah Khan, formerly known as Bacho Sakao drove King Amanullah from his throne in Kabul early this year. Since then Amanullah has been in Europe. Nadir Khan was one of the chief figures of the old regime.

Household Hints

By Roberts Lee

COLIC To overcome baby's colic give water as hot as can be taken and use the hot water bottle. If this does not give relief, dissolve a sodamint tablet in half a cup of hot water and give a few teaspoonfuls.

BURNED SPOTS ON GRANITE. If burnt spots are on granite cover the spot with a teaspoonful of soda and a little water and heat it. Never scrape with a knife.

THE COFFEE POT Try keeping a cork in the spout of the coffee pot and see how much better the aroma is retained.

Etiquette

By Roberts Lee

Q. When entering a theatre, church, or other auditorium, is it proper for a man to remove his top coat before entering the aisle, or wait until he reaches his seat?

A. It is much more convenient to remove the top coat before passing down the aisle, carrying it on the arm. But if one forgets to do this, never go down the aisle "disrobing"; it is best to wait until the row of seats is reached.

Q. To whom should wedding announcements be sent?

A. Only to those persons who did not receive invitations.

Q. What should a woman wear to an afternoon affair?

A. One who expects to attend afternoon affairs should have an afternoon gown.

Will not Represent The Dominion At Naval Conferences

(Special to the Guardian) OTTAWA, Ont., Oct. 9.—Canada has been kept informed concerning the progress of the disarmament negotiations, and will be represented at the five power naval conferences to be held the third week of January, but not by the Prime Minister.

ARCHGRIP advertisement featuring an illustration of a shoe and text: "Be fitted with shoes that give true body poise... foot charm and foot freedom... ARCHGRIP Shoes are built on smart pleasing lines... scientifically constructed to equalize and balance the weight stress on the arch of the feminine foot. We have the new ARCHGRIP models in stock... shoes that adequately combine beauty of line with scientific support for the feminine foot. ALLEY & CO., LTD. FASHIONABLE FOOTWEAR CHARLOTTETOWN, P. E. I."

It was intimated tonight by Right Hon. W. L. MacKenzie King. Mr. King explained it was unlikely he would go to the conference, as the proposed date would be too near the probable date for the opening of the Canadian Parliament, which usually gets under way the last week of January or the first week of February. Canada had not yet received a formal invitation, but it was understood the Dominion would be invited to attend. At the Washington conference Sir Robert Borden, former Prime Minister, represented the Dominion. In the present instance Canada might be represented by Colonel J. L. Ralston, Minister of National Defense; Hon. Peter C. Larkin, High Commissioner for Canada in London and certain technical advisers including perhaps Commander Hose of the Canadian Navy, Commander Hose is in full accord with the proposals of the British Government to curtail expenditures on naval construction.

A Morning Smile advertisement with text: "Someone had congratulated the club wit on becoming a father. 'Oh, yes, thanks,' he said gloomily, 'we're quite an international household now, I represent England, my wife Scotland and the babe walls.' The club wit was then taken out and destroyed! Stop Colds with Minkard's Liniment"

Delicious Nourishing Breakfasts advertisement featuring an illustration of a man holding a child and text: "Young and old love Quick Quaker... Gives needed morning vim Cooks in 2 1/2 to 5 minutes Warm... savory... delicious... you never tire of Quaker Oats. Its nut-like flavour rouses tired appetites—jogs jaded digestions into action. That's a reason why Quaker Oats is one of the most easily assimilated of all foods. Little children thrive on this wholesome cereal. Satisfying, too! Quaker Oats makes a hearty, nourishing meal. It's the kind of breakfast everyone needs. Richer than any other cereal in protein, the growth and stamina element of food... abundant in carbohydrates, the energy element... minerals for bone and teeth... plenty of natural roughage for easy digestion and regular elimination. All in correct balance, for the oat is the best balanced of all cereals. Quaker Oats is a breakfast that 'stands by' till noon. It gives needed vim and energy for the four morning hours into which, research proves, 70% of the day's most important work falls. From every three bushels of the finest Canadian oats, only one is good enough to make Quaker Oats. That's why Quaker Oats is so good to eat. Wrapped and sealed in family-size packages and 10 cent size. Packages contain coupons with which you can get fine silverware and other valuable articles. QUICK QUAKER OATS Fastest Cooking of all Cereals"

NESTLE'S EVAPORATED MILK advertisement with illustration of a can and text: "Write for Free NESTLE'S MILKY WAY Recipe Book Try this Recipe CHEESE PADDIE 1 Cup Nestlé's Evaporated Milk; 1 cup shaved cheese; 1/2 cup hot water; 6 or 8 Boston crackers; Butter. Split crackers and butter them. Put in layer in baking dish, cover with cheese, repeat till all are used. Turn in milk and water heated hot. Bake in hot oven until top is brown and crackers swelled. 22M-4 NESTLE'S FOOD COMPANY OF CANADA LTD. TORONTO"

Kayser's new "Slendo" Heel Silk Stocking advertisement with illustration of a stocking and text: "Just a glance is proof that it is Paris inspired. There's just an air of pert chic about the narrow heel that captivates. Yet, despite the slender lines, it completely protects the hose from wear. SERVICE CHIFFON WEIGHT \$1.50 PAIR "Slendo Heels" NARROW CHIC FLATTERING Moore & McLeod Ltd. CHARLOTTETOWN P. E. I."