

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



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**Milady Beautiful**  
By Lois Leeds



BEAUTY QUESTIONS ANSWERED

BRISK WALK IN THE EVENING

Dear Miss Leeds—Will you kindly tell me if walking in the evening is beneficial? I work in an office and sit all day. (2) I have a large abdomen. Would walking reduce it? (3) I get plenty of sleep and yet I am always tired and listless. What can be the reason? (4) What causes my nose to turn red, especially during cold weather?

Answer—(1) Yes, walking in the evening or any other time is very good exercise. Of course, if you could take your walk during the day while the sun is shining it would be much better, but this is impossible for a great many business women, and they, like you, have to do the next best thing and take a brisk walk in the evening air. If you could plan to walk part of the way to your work in the morning and take a few minutes' walk out of doors again at lunch time you would find it very beneficial in your case.

(2) If you will practice correct posture when walking, sitting or standing it will help to reduce the abdomen. Walk with your head up, chin up, chest expanded and your abdomen in. Do not walk stiffly, however, but cultivate a free, easy, swinging stride from the hips, and your walks will be splendid exercise. Plan to take up swimming two or three times a week. If you swim the crawl stroke you will find that it will reduce your abdomen considerably. Swimming is a splendid exercise for the sedentary worker. Take



Myrna Loy Tells How To Have Lovely Skin

HOLLYWOOD, Calif.—Thirty-nine movie directors say that a girl must have exquisite skin if she is to touch the heart. As Howard Bretherton, director for Warner Brothers, forcefully expresses it: "The most appealing charm of all is a lovely smooth skin. And the perfection we call 'studio skin' is the outstanding factor in screen success today."

Myrna Loy, Warner Brothers' beautiful star, finds Lux Toilet Soap splendid for the smooth skin a screen star must have. "This white, daintily fragrant soap leaves my skin so beautifully smooth," she says.

Nine out of every ten screen stars are enthusiastic about Lux Toilet Soap. And all the great film studios, following their stars' example, have made it the official soap for dressing rooms.

a hot and cold shower alternately to stir up the circulation.

(3) There are several things which might cause the feeling of perpetual weariness. One is lack of active outdoor exercise and poorly ventilated rooms. Do you eat wisely? Include plenty of fresh vegetables and raw fruits in your daily diet. Drink six to ten glasses of water between each meal. Avoid constipation.

If the tired feeling continues and you know no reason for it I would advise you to see your physician. It isn't natural for a young woman who gets plenty of sleep, active exercise out of doors and correct diet to be always tired. And it isn't pleasant, either, is it, my dear?

(4) Many noses seem to have a tendency to "bloom" in very cold weather. It is quite possible that your tired feeling and lack of pep and the red nose all come from the same cause. If the nose passages are so obstructed as to force one to breathe through the mouth, the health suffers in consequence. The organs of digestion, the heart, lungs, brain and muscles all suffer if the nose does not perform its work. Impaired circulation, indigestion, colds, congestive headaches or any ailment of this description will have to be cured before you can expect to have vibrant health and your nose to assume the color of the remainder of the face. You should avoid all stimulating or spicy foods, stimulating beverages, heavy rich dishes and large helpings of meat. These types of food make be assimilated by a hardy person who leads an active outdoor life, but they usually play havoc with the digestive system of the average girl, especially those engaged in sedentary occupation. So that you have plenty of fresh air in both the living and sleeping rooms, and learn to breathe through your nostrils.

SCANTY HAIR AND BECOMING COLORS FOR HER TYPE

Dear Miss Leeds—I have had very poor health for several years and my hair has turned white, although I am only 49 years old. I do not mind its color, but my hair is getting very scanty and dry. (2) I have gray-blue eyes and a medium complexion. What colors are becoming for my type?

MRS. FLORENCE Y.

Answer—The first thing to do is to build up your weight and health to normal. Choose a wise diet, eat light nourishing foods, including fruit and vegetables daily. Cultivate mental and physical poise and have an interesting hobby out of doors that will keep you from worrying about your poor health. Have sufficient sleep and rest each night. Shampoo your hair twice a month with white of egg and white castile soap shaved and melted into a jelly. Rinse your hair thoroughly. Add a few drops of bluing to your last rinsing water and dry between warm towels. Before the shampoo, warm's little olive oil and white mineral oil and apply it to your scalp and leave on for half an hour or more. Steam

Dorothy Dix Letter Box

Can a Jealous Couple Make a Success of Matrimony?—What Can a Husband do When His Wife Tires of Marriage?—Doubting Thomas

Dear Miss Dix—I am engaged to a nice girl and we are planning to be married very soon. Both of us have been working for quite a while. My fiancée wishes very much for me to join her church, but I am afraid that my family will disapprove and that it would cause hard feelings if I did so. I think that we should not live with either of our families, but go to ourselves, by my fiancée wishes to live at her mother's. My fiancée wishes to continue to work after we are married, but I seriously object to her doing so. We wish above all to be truly happy and shall sincerely appreciate any suggestions that you make about how to make our marriage a success. Both of us are quite jealous.



J. C. B.

Answer: My first suggestion, J. C. B., is to eliminate jealousy. That wrecks more marriages than any other one thing. For when suspicion enters the door, peace and happiness fly out of the window.

They say there is no cure for jealousy, but I think that common sense is a never-failing remedy for it. If, when you feel an attack coming on and perceive that you are getting green-eyed, you will take a large and copious dose of good old hard horse sense, you will find that it will restore you to sanity and serenity.

Just consider how senseless jealousy is. How absurd. You must think that you are marrying a true woman and one whom you can trust, or else you would not have picked her out for a wife. You must think that she loves you and prefers you to other men, or else she would not marry you because you are no millionaire and have no glittering social position to offer her, and there is no reason in the world why she should marry you except for yourself alone.

Then why imagine every time you see her talking to another man that this woman whom you know to be honorable is about to betray you, or that she has ceased to love you and is likely to elope with any stranger who comes along?

So, if you want to be happy after you are married, you and your wife must make up your minds to trust each other, and to believe the best of each other, not to be always on the lookout, each expecting the other to play some dirty little trick. There is nothing really so insulting as jealousy. It shows that the jealous one believes you capable of doing the thing of which he or she accuses you.

As to whether you should join your sweetheart's church or not, that is a matter of your own religious convictions and you should be swayed by your conscience in the matter and not by what your family will think about it. Certainly when a married couple belong to the same church it makes for peace and harmony in the family, because there are enough things for a husband and wife to fight over without their engaging in a religious war.

Inasmuch as you are a poor young couple starting out on a very limited income, I think you are wrong in objecting to your wife keeping on with her job after you are married, as she wishes to do. Let her work until the babies come, which will automatically settle the question. A girl who has been used to earning her own salary and being financially independent is very apt to be dissatisfied and disgruntled when she finds herself with nothing to do except to try to stretch her husband's pay envelope farther than it will go and to wander around the stores and look at the things she hasn't the money to buy.

You wouldn't want to give up your job just because you got married, would you? You wouldn't want to give up the work you like and that you had fitted yourself for doing, and the money it brought in, just because you are taking a wife, would you? Try to see it from your sweetheart's point of view and don't be old-fashioned enough to feel that there is any reflection on you in your wife working after marriage.

But you are right in putting your foot down good and hard, and keeping it there, on your fiancée's proposition that you go to live with her mother. Don't do it under any consideration. Don't live with your people or her people, or let any of them live with you. Start a home of your own even if it is only in a dry goods box. Go off by yourselves where you can fight it out together without having an in-laws to referee the domestic mill.

Statistics show that mothers-in-law cause more divorce than drink, or vamps, or any other one thing in the world. If your girl doesn't love you well enough to leave her mother for you, she doesn't love you well enough to be your wife. A girl with the mamma complex is a mighty poor risk in matrimony.

Dear Miss Dix—I have been married for four years and have a boy 18 months of age. I have done everything I could to be a good husband and thought I was building up a home for my wife and child, but now my wife tells me that she does not love me and that married life is killing her and she cannot keep it up any longer, and she wants to leave me and go back to work again. I am a Mason and she says that I should put the child in the Masonic Orphans' Home. I am so desperate over the thought of losing my wife and being separated from my boy and having my home broken up that I have lost my hold on things. What shall I do?

A MISERABLE YOUNG MARRIED MAN.

Answer: It will be small comfort to you to tell you that your loss is small when you lose a woman who is so selfish, and has so little natural feeling that she is willing to dump her own baby in an orphan asylum in order to get rid of it, but take the consolation for what it is worth.

I often think that nothing else is more pitiful than the wasted tears men and women shed in grieving over the loss of worthless husbands and wives that they should rejoice in getting rid of.

Of course, when a woman wants to go, there is no way to keep her, nor would there be any happiness for you in your home if she was kept in it an unwilling prisoner. So the best thing you can do is to speed her on her

the oil in the scalp, using a Turkish towel wrung out in hot water. Repeat the hot applications several times. Massage your scalp and brush your hair every night and morning. Use a scalp food about twice a week. The following will be helpful: Two ounces castor oil; two ounces petrolatum; one ounce spermaceti; one ounce Cologne water; one dram oil of bergamot; one dram oil of lavender; one dram oil of lemon. Melt the spermaceti, add the castor oil and petrolatum and mix well. Then add the Cologne water gradually in which the oil of lavender and bergamot have been previously dissolved. Place in a jar and cover when cold. To apply the scalp food, divide the hair into a number of small strands and apply a little with the tips of the fingers to your scalp evenly, then massage for several minutes. (2) Your best colours are soft pinks, old rose, lavender, white, dark and medium blue, wine shades, Burgundy, turquoise and plum color.

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Etiquette

By Roberta Lee

Q. Should the bride and groom ever wait to receive congratulations after the ceremony at a church wedding?

A. No, except from the minister; they should leave immediately for the bride's home where the reception is held.

Q. Is it polite to talk of one's private affairs in public?

A. No. Outsiders are not interested in one's personal affairs. Q. Does a well-bred girl's parents sit up until her callers have left? A. Yes.


For The Cook

STRAWBERRY PANCAKES

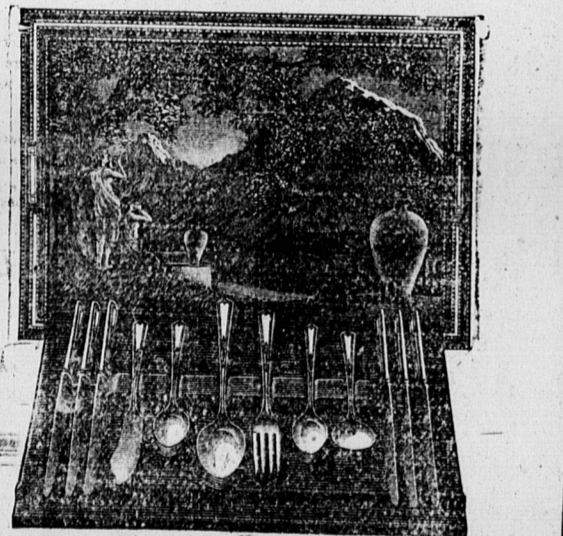
Sift together 2 cups flour, 2 teaspoons baking powder and 1/2 teaspoon salt. Beat 2 eggs well, and add 1 tablespoon sugar. Add this to first mixture, then 1 cup milk and 1/2 cup cream. Beat well. Bake in hot greased frying pan, browning on both sides. Put 1 tablespoon (canned) drained strawberries in centre of each cake and roll up. Sprinkle with powdered sugar. Serve with heated syrup.

Character Close-Ups

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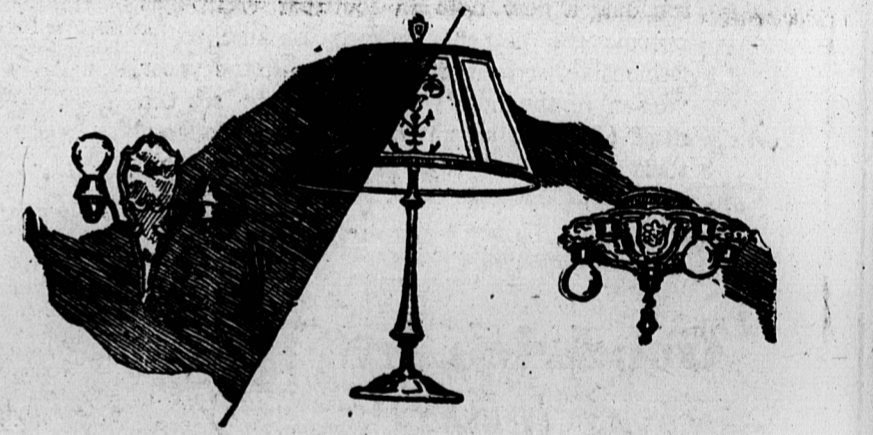
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