

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

Those Splitting Sick Headaches!

"FRUIT-A-TIVES" Stop Those Health-Robbing Pains

Mrs. Michael Coulls, Killaloe Station, Ont., writes: "After using 'Fruit-a-tives' the headaches and tiredness feeling soon disappeared, and for two years now I have been in the best of health."

For The Cook

SMOTHERED SHOULDER

Cut 1 large onion into thin slices and cook slowly in drippings until done but not browned. Add 1 1/2 cups chopped left-over shoulder or ham and let simmer slowly together. Add 1 cup of milk and heat thoroughly. Two or three minutes before serving, beat in 1 egg to thicken slightly. Serve in hot mashed potato.

Household Hints

By Roberta Lee

Broken China

For mending broken china, stir plaster of Paris into the beaten white of an egg, to the consistency of paste.

Choking

A remedy to stop choking is to swallow the white of an egg. If a fish-bone, take a sip of vinegar, which will tickle dissolve the bone.

Pies

When baking open-top apple pies, invert another pie pan over the pie and the steam will cook them thoroughly.

CUTICURA HEALS ECZEMA ON FACE

Of a Wet Nature. Scaled Over and Red, Itched Terribly.

"The eczema started with a small spot on the side of my face and kept getting larger and larger. It was of a wet nature but later scaled over and was very red. By times it itched terribly. The trouble lasted two months."

"I began using Cuticura Soap and Ointment and they helped me, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment I was completely healed."

Keep your skin clear by using Cuticura Soap, Ointment and Talcum or daily toilet purposes. Touch pimples and itching, if any, with Cuticura Ointment, bathe with Cuticura Soap and hot water.

Small Ointment 25c and 50c. Talcum 25c. Soap 25c. Cuticura Shaving Stick 25c.

A Fashion Hint



TIERS ARE CHIC

Perhaps you have hesitated to make a tiered frock because you have thought it would be so difficult. I'm going to show you how simple it will be to make Style No. 550 with flattering sunburst neckline. It is one-piece! Close side and shoulder seams. The tiers are stitched to dress following perforated lines provided for same. The belt slips through bound openings and ties in bow at side. The dress is cut from neck at centre-front and underlaced and rolled to form the revers. It is designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust. It is sketched in honey-beige silk crepe, a smart choice for general summer daytime occasions, because it can be worn in town or for beach. Printed silk crepe, georgette crepe, flowered chiffon, printed voile, rajah silk and handkerchief linen offer lovely ideas for its development. Pattern price 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

We suggest that when you send for this pattern, you enclose 10 cents additional for a copy of our Spring Fashion Magazine. It's just filled with delightful styles, including smart ensembles and cute designs for the kiddies.

Slipping Clutch

Sometimes a slipping clutch is caused by too much lubricating oil, which reduces the co-efficient of friction and consequently the ability of the clutch to transmit power.

South Africa exported 40,000,000 fresh eggs in the last 12 months.

Minard's Lincture For Sore Throats.

Dorothy Dix Letter Box

Dorothy Dix Explains Why She is Opposed to the Custom of Wearing Mourning—Why Do Some Mothers Warn Their Daughters Against Marriage?

Dear Miss Dix—Will you please give me your opinion of wearing mourning? I have recently lost my husband, whom I adore, and I am so depressed that it seems to me I will go mad if I am compelled to wear black. Why can't I wear white instead? Nothing that I could put on my back would make me grieve more for my husband than I do, and I cannot feel, if he knows, that he would consider it any lack of respect to his memory for me to wear a white dress instead of a black one.

JUST A FRIEND.

Answer:

There is no reason at all why you shouldn't wear your white dress, and even the most captious would have no right to criticize you, because white is the badge of mourning in several Oriental countries and is often worn in place of black even in this country.



Besides, the war changed the convention of wearing mourning. During the war, when the Angel of Death knocked at the door of almost every house, it was felt that for millions of women to put on black would plunge the whole world in gloom and break down the general morale, because it would keep ever before us the danger of those we loved and the fear that we might be the next one to hear that the husband or son or brother who was the very center of life for us had gone West. So the women who had lost their loved ones hid their grief in their own hearts and put on no outward badge of mourning to sadden others.

And the brave custom has persisted. Many women still wear black in memory of their dead, but you rarely see the yards and yards of funeral black crepe that used to float from every widow's bonnet and the swathing folds of black in which it was considered proper for her to drape herself.

Personally, I have always been very much opposed to the wearing of mourning. I am opposed to it because of the mental effect it has upon the wearer and upon all beholders. It is foolish to deny the psychological effect that our clothes have upon us. We all know, and especially every woman knows, that the way she is dressed strikes the keynote of her mood and that when she is tired and cross nothing will rest her and calm her like changing her frock, and that when she has the blues nothing cheers her up like putting on a pretty, gay dress.

Now God knows when our very souls are drenched in tears and the sun has gone black for us because the one who made the brightness of life for us is gone, we are sunk low enough in sorrow and we need something to dispel our gloom, not heighten it. We need to wear cheerful colors, not black that will still further depress us. Doctors will tell you that if women are at all delicate or nervous they almost invariably run down in health during their period of wearing mourning.

Nor is the depressing effect of wearing mourning confined to the individual. It spreads to every one about her. Every time we pass a black-robed woman in the street or get a black-bordered letter it opens an old wound and makes it bleed afresh.

I am also opposed to mourning on economic grounds. For the rich, of course, the cost does not matter, but for poor people and people in moderate circumstances who must count every penny, the convention that forces them to cast aside a whole wardrobe of wearable clothes and buy expensive new ones works a great hardship. I have known many families who were almost bankrupted by it and who had to go so deeply in debt for their mourning that it took years of pinching economies and privations of things they really needed to pay for it.

And, after all, what is the good of it? If we are really bereaved; if we are really bowed down in sorrow by the death of a member of our family, we need no gloomy black dress as a symbol of our grief. And if in our hearts we do not mourn for the one who has died, what a mockery to disguise our relief, perhaps our joy, under the habiliments of woe!

DOROTHY DIX.

Dear Miss Dix—Why do some mothers try to show the bad side of married life to their daughters? My mother is always warning me against marriage, yet my father has been a wonderful husband to her, generous, kind and faithful, but she seems always to want something. She is never satisfied. She doesn't want to be bothered with keeping the house clean and cooking for the family, much less making the home cheerful. The truth is she is the only shadow that keeps the sunshine out of the house by her continuous complaining and her eternal nagging.

In spite of my mother's gloomy picture of marriage, I am going to try it with a splendid young fellow I love and I expect to be a better wife than she has been because of the fact that I have her example before me and intend to avoid the mistakes she has made. What do you think of it?

A CONSTANT READER.

Answer:

Sometimes, when mothers warn their daughters against marriage, it is because they have had such a bitter experience themselves that they are trying to save their little girls from the danger of a similar fate, but generally when a mother speaks in a pessimistic tone of marriage to her daughters and bids them beware of it, she is merely making a bid for sympathy and appreciation.

The only way many women know of getting the spotlight turned on them is by posing as martyrs, and because they want their children to make much of them and regard them as heroines they are forever calling attention to how hard they have to work and to how many sacrifices they have to make. These are the women who are always telling their children how they suffered in childbirth and how they used to walk the globe when their babies were young and who flavor every meal with recounting how many hours they have stood over the cookstove preparing it and who are always sighing and saying that nobody knows the sufferings and sorrows that a wife and mother goes through.

But they don't mean any of it. They are really as jolly as sand boys and all they want is just to be flattered and told that they are the greatest ever and that their families couldn't get along without them.

So don't take your mother's diatribes on matrimony too seriously. Of course, not all marriages are successes, but if you wanted to engage in any enterprise until you found something that was a sure-fire hit, you would spend your life on the sidelines doing nothing. Some people fall at everything. Others make a success of anything, and matrimony is like that.

It is up to every individual couple to make what they will of their marriage. You will take out of it just what you put into it. And if you put into it love and common sense and patience and forbearance and humor and fair play, you will take out of it happiness.

DOROTHY DIX.

Dear Miss Dix—You say that the real proof that a man loves a girl is when he asks her to marry him. I agree. But how is a girl going to stay

BEAUTY ARTS

By LOIS LEEDS



BEAUTY FROM OUTDOOR RECREATIONS

The call of the out-of-doors comes afresh to each of us at this season of the year. To give one's self up to the enjoyment of Nature in her beauty and serenity and allow her to steal away one's worry and cares does more to beautify the face than any beauty mask could. It is the petty differences and clashes of self-interest that make life a tense struggle instead of a peaceful unfolding of deeper and sweeter personality with the passing years.

Outdoor Exercise

Just as we eat and sleep regularly so should we take regular exercise every day. The best exercise for the average business person is that taken out-of-doors in pursuit of a favorite sport. Golf, tennis, horseback riding, camping, swimming, gardening and nature study are all excellent hobbies that combine outdoor exercise with recreation.

Nowadays women who spend their vacations at a camp know how to enjoy the outdoor sports without ruining their beauty. In former years the outdoor girl sacrificed her good looks to her health. The athletic girl was expected to lose her feminine charm. Now, however, with a knowledge of simple beauty aids, a girl need not return from her vacation with a sun-poisoned skin, freckled, roughened hands and streaked hair.

In the Beauty Kit

It would be advisable for a lady to carry a number of beauty aids in her kit when she goes on her vacation. These should include a jar of cold cream, sunburn lotion, a mild astringent, such as witch hazel; a skin tonic, a bleaching cream, a little borax to soften hard water for her shampoo, oatmeal or cornmeal to use in the water in which she washes her face and hands, a good foot powder, manicure tools and a small first-aid kit containing gauze, boric acid, iodine, ammonia, lime-water, etc. A deodorant and toilet water should also be added to the beauty kit for use in keeping the armpits sweet and cool.

A special lotion for relieving excessive perspiration on the palms, forehead, neck and underarms may be taken along, or the astringent or toilet water can be used for this purpose. Of course, tooth paste and brush, toilet soap and towels, hair brush and comb and perhaps a refreshing mouth wash are essential.

A cold-cream powder base is usually best for traveling or sports. The paste form of rouge is preferable to the dry because it does not need renewing so often. A lip lotion or cream is necessary to keep the lips from becoming

out of love with a fine fellow while he is making up his mind whether he loves her or not?

Answer: It can't be done. In olden times it was supposed that a modest maiden never thought of such a thing as falling in love with a man until he popped the question. Then she suddenly discovered that she had loved him all the time. We are too honest to stand for such hokum now. We know that girls have no such control over their emotions and that many a one loves a man before he loves her and, alas, many a one loves a man who never loves her at all.

The point I was trying to make was that girls shouldn't deceive themselves and kid themselves into thinking that a man loves them because they want him to do so, and I was warning them to put no faith in a man's languishing looks or his attentions or even his love-making until he up and proposed.

So you will just have to wait with what patience you can until your young man comes to the point.

Care of the Skin

At bedtime all make-up should be removed with cleansing cream. A soap-and-water washing may follow if the skin is not excessively dry. Be careful to blot off all the moisture and then pat on a soothing skin tonic or mild astringent, if the skin is inclined to be oily. Next morning apply cold cream to the face and neck. Remove cream. Squeeze out a clean piece of absorbent cotton in the astringent or witch-hazel, pat it on the skin and allow it to dry. Apply your powder base and a touch of rouge if desired, and dust on your face powder. The make-up will give the skin some degree of protection against wind and sun. If your skin is tanned or naturally dark, use a brunette or ochre shade of face powder.

Sallow Complexions

The woman with a sallow complexion is usually the one who stays indoors most of the time at some sedentary work. If the body is kept in good condition by regular physical exercise, especially outdoor sports, and if the mind is happy and alert, the complexion will not be sallow. Good health, regular exercise and proper food will banish any serious skin blemishes. Besides adjustments in living and exercise out-of-doors, the right cleansing methods and facial massage are, of course, essential. A few minutes' daily facial massage, semi-weekly steaming and weekly bleaching pack may be used to advantage.

Good Outdoor Games

The most popular outdoor games are probably golf and tennis. Both are splendid exercise, golf being better for the man or woman of middle age, and tennis for younger people. Horseback riding is splendid at any age and so is swimming. The tennis player exercises every part of her body. She breathes deeply, thereby cleansing the blood that circulates through the lung tissues. The quick play stimulates the internal organs to do their work efficiently.

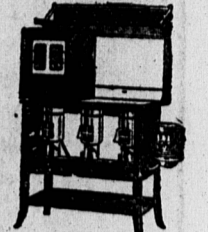
Any game that involves walking is good. In golf the leg exercise is combined with swinging of trunk and arms and the whole body participates in the benefit. Golf develops smooth co-ordination of the muscles and provides a gentle, internal massage for the vital organs. The wrist muscles are made strong and supple. Golf is not only an interesting game, but its environment is very beneficial to the health. Fresh air, open spaces, the peace of green, rolling country help

DINNER'S READY!



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Etiquette By Roberta Lee

After the Game After a hot game of tennis or golf do not dash cold water on your face, but apply a little cleansing cream, then wipe it off carefully. Apply a skin lotion to your face, neck and arms, dust on some face powder and rearrange your coiffure. If possible, after the game, take a tepid or sponge bath, followed by a brisk rubdown with a coarse towel. If the exercise is unaccustomed and you think it will cause muscular stiffness afterward rub your body with a little toilet alcohol. Take a few bending exercises, then put on fresh clothing, stockings and shoes.

Q. Name four topics of conversation to be avoided. A. Ills, operations, accidents, and deaths. Q. When a young woman has been introduced to an elderly woman, which one should make the first move to part? A. The elderly woman. Q. How should ice-cream be served at dinner? A. In sherbet glasses. Worn Bearings When a bearing is to badly worn to permit adjustment by removing a chip on either side, it will be necessary to remove the piston and connecting rod assembly to correct the fault. Proceed by placing the cover cap of the bearings in a vise, right side up. Then, with a long, broad, fairly fine file, take off enough metal from both sides to insure a snug fit when the cover is again clamped on the pin. Sheiks of Genoa, Italy, are using American shoe polish. American auto trucks are being introduced into Belgium. Twenty thousand people in the Netherlands are making radio equipment.

A Morning Smile

It had been a very tiring case for everyone concerned. The plaintiff and the defendant were both slow-witted, and everything had had to be explained to them at least twice. "Do I understand, my man," said the magistrate at one point, "that the defendant buried his hands in your hair?" The plaintiff scratched his head wildly. Then a look of understanding dawned in his eyes as he replied: "No, sir, to tell the truth, it was only bricks he threw at me; but what I complain about was the terrible way he swore at me when they missed!"

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