

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

BEAUTY ARTS By LOIS LEEDS



The hair should be rinsed well in fresh water

SWIMMING FOR HEALTH AND BEAUTY

"Come on in, the water's fine." "Let us go for a dip in the ocean." "I love to float." "One more swim, mother" are very familiar to our ears at this season of the year.

and swimmers at lake, shore or swimming pool that are intended to keep the overenthusiastic would-be swimmers out of trouble.

Bathe After the Swim It is not until later in the day that we become aware of a sticky sensation, for, no matter how careful we may have been to dry ourselves, myriads of sand particles always find their way between our toes and fingers, into our ears and very often into our hair, especially after diving and swimming with the face partly submerged.

Hard Water Soap This type of soap is used on board ships on which passengers use the ocean water for bathing and swimming. Of course, the ordinary bath soaps will not produce a lather in salt water.

Beauty in Summertime Summertime is an ideal time to give the hair, scalp and skin special beauty treatments, and the whole body will be greatly benefited by the sunshine and fresh air.

Cautions for Swimmers Here are a few cautions to bathers

Dorothy Dix Letter Box

Why Even the Paragon of Husbands Should Have His Faults — Should a Disrespectful Daughter of 18 be Spanked?—Dangers of Long Engagement

Dear Miss Dix—A young man who wants to marry me has the following qualities: Bad—Never saved much money. Smokes and eats excessively. Drinks moderately. Swears rather fluently. Too blunt in telling the truth.

Of course, there is no such thing as a perfect man; and if there were, no woman would ever fall in love with him or marry him. Imagine being married to a man who never made a mistake, who never blundered, who never did anything silly and foolish, but who was always and invariably right!

What a poor, miserable worm of the dust he would make you seem! What a reproach he would be to you! What a contrast! And how superior he would always feel to you!

No, my dear, if you want to be happy though married, pick out a man who, while he has the standardised sterling virtues, has also plenty of lovable weaknesses that will keep him human and in a proper state of humility.

Your friend's virtues speak for themselves and even his faults lean to virtue's side. The man who has not saved money is evidently no tightwad and that scores one for his wife, as she will not have to corkscrew every penny out of him.

Being fond of eating I rank also as a merit in a husband, since it puts some pep into housekeeping and makes it worthwhile to prepare a good dinner for a man who appreciates it.

Likewise, the man who smokes is more likely to gettle down into a placid fire-side companion of an evening than the one who, having nothing to occupy or soothe him, goes forth to hunt up amusement.

Of course, the blunt man will hurt your feelings when he tells you the home truths that none of us like to hear, but at any rate you will have the comfort of knowing that he means what he says when he pays you a compliment.

Dear Dorothy Dix—My husband and I are terribly worried about our 18-year-old daughter. Until about six months ago she was all sweetness and appreciation, but now she is cross and irritable and disrespectful to us.

You can't spank a girl 18 years old, no matter how much she needs it. If you tried it, the probable result would be to make her run off and marry some good-for-nothing boy.

So you will have to find other means of dealing with her, and the first thing that I would suggest is to take her to a good doctor and have a thorough physical examination made.

Then, if you can possibly afford it, send her away to a girls' camp this summer. The outdoor air, the exercise, the order and routine, and, above all, the camp spirit works wonders in girls, and I regard girl camps as among the most valuable regenerative agencies, bodily and spiritually, in the world.

When a girl gets discontented and peevish at home, she needs a change. She needs to get away from home and from her family and to have to shift for herself.

Among strangers she will have to control herself. She will have to give as well as take. She will have to be polite and courteous, and she will find out that nobody will put up with her ways or overlook her lapses in good-manners.

Without doubt, the adolescent girl is hard to deal with. She is in a transition state between womanhood and childhood, when she has all the faults of both and the virtues of neither.

Just try to realize that 18 isn't to be taken too seriously. Don't worry over your daughter's little faults. Be as blind as you can and in a little while she will outgrow her disagreeable traits.

Dear Miss Dix—You do not favor long engagements. Why? A LONG ENGAGED GIRL.

I do not favor long engagements because it spoils the present and mortgages the future.

A short engagement is probably the happiest time of a woman's life. It is full of circling wings and romance and thrills. A long engagement wears all of this out and gets to be a strain on the nerves and the emotions.

It is filled with jealousies and suspicions, because it enforces an unnatural relationship between a man and woman in which they have indefinite claims and rights upon each other; in which they have many of the restrictions that matrimony puts upon them without the security of matrimony.

It puts a mortgage upon the future because it commits them to a mar-



More cups to the pound

KING Cole Orange Pekoe Tea costs more by the pound, but less by the cup. It is blended entirely from "small leaves." These are the tender young shoots and bud leaves of the tea plant.



You will enjoy King Cole Coffee too

Etiquette By Roberta Lee

Q. How should the groom pay the minister a wedding fee?

A. He should place a check in an envelope and give it to his best man, who hands it to the minister after the ceremony.

Q. What should be done with the napkin at home?

A. Fold it smoothly into the ironed creases, unless a fresh one is provided for each meal.

Q. What does "cafe noir" mean?

A. Black coffee.

Milady Beautiful By Lois Leeds



KEEPING THE HAIR IN CURL

Very often the question is raised as to whether straight hair is as becoming as curly hair. If your hair is straight, glossy and perfectly groomed it can be just as chic as a waved coiffure would be.

The choice is open to the woman who wants her hair to be a beauty asset. If a plain, unwaved coiffure is becoming she may save both time and money and still be in fashion.

There is no denying the fact that in order to have pretty hair and a well-groomed coiffure one must practice regular care every day.

Those of us whose hair is as straight as the proverbial poker and must be permanently waved or coaxed into graceful waves with the aid of irons or curlers look with envy upon the natural waves of our more fortunate sisters.

Household Hints By Roberta Lee

The Sisk Room Should the bed clothing of the sick bed become wet, there is no better way to dry it than with a hot water bottle, placed between the bed covers.

Ink Stains on Rugs For removing ink stains from rugs, make a paste of buttermilk and starch, apply and leave it for two or three days. Then rinse and let dry. Repeat if necessary.

Sweet Butter Sweet butter should be covered carefully to prevent it from absorbing colors and flavors from other foods in the ice box.

A Morning Smile

Norman ran blithely up the steps and gave the bell a joyful tug. The door was opened by the new maid, who had never seen the young man before.

"Is Miss Edith in?" asked the well-tailored youth on the steps.

"Yes, sir," replied the girl. "But I'm sorry she's engaged."

"That's right," agreed Norman. "Absolutely right; and I'm what she's engaged to."

When the hair is only slightly wavy one is tempted to use hot irons to renew the curls.

Whipped cream desserts at plain milk cost

Isn't that interesting news! Just think of all the delicious fluffy bavarians, Souffle granulated gelatins in a 2 top-cold water 5 minutes. Melt shaved chocolate in double boiler, add sugar, 1/4 cup water and 1/2 cup Carnation.

This is what you do. Buy a few cans of Carnation Milk. Take off the labels, put the cans in a pan of water and boil the water five minutes. Let the cans cool, then put them in the refrigerator to get thoroughly chilled.

Carnation makes wonderful desserts, rich and smooth and creamy. It has a double portion of cream, you know, broken up into the finest particles so it stays distributed all through the milk.

Send for the Carnation Cook Book. It's free. Address Carnation Milk Products Co., Limited, Aymer, Ont.

Rich for Desserts



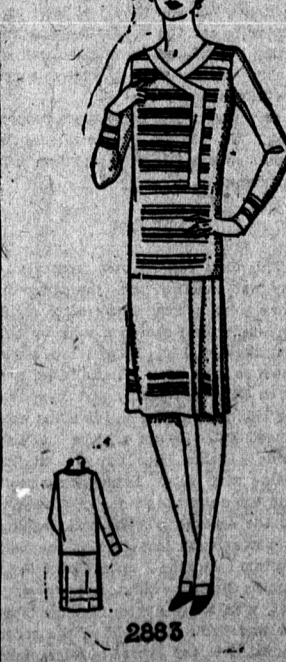
From Contented Cows

on the label means EVAPORATED MILK of highest quality

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



The swagger jumper dress in novelty and plain sheer woolen is a practical choice for sports to finish out vacation season, for classroom, for business woman and for travel.

It's an outfit that can be worn from morning until dinner for general daytime occasions.

The smart woman always includes several in her daytime wardrobe.

Many a long-engaged couple have really lost their taste for each other before their wedding day arrives.

Far better to wait until you are ready to marry and then make your choice.

Style No. 2883 is most attractive for golf in almond green silk crepe.

With the jumper made of wool jersey in orchid shade with the skirt of purple flat silk crepe is very smart.

Then again it can be completely disguised and worn for more dressy occasions by selecting flowered chiffon with plain chiffon used for applied trimming bands.

Printed silk crepe in red and white is jaunty and very serviceable.

It also adapts itself beautifully to the soft crepe satins and is well-liked in soft cocoa brown shade with applied bands made of dull surface of crepe.

Featherweight tweed in violet-mauve shade, tan angora wool jersey, rich wine red canton crepe and tomato red crepe de chine other charming combinations.

It is designed in sizes 16, 18 years, 36, 38, 40 and 42 inches bust.

It is simple to make and the small cost will be a revelation.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department, The Large Fashion Magazine is 18 cents, but only 10 cents when ordered with a pattern.

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Cuticura Heals Face Disfigured With Itchy Pimples. "I had pimples all over my face. They were hard, sore and red and some of them were large and oozed small. Some of them became scabbed over, and healed and burned causing me to scratch. Scratching caused eruptions and the irritation prevented me from sleeping. They disfigured my face for many weeks. I tried different remedies without any result. I began using Cuticura Soap and Ointment and it was only a few weeks before my face was completely healed, after using two cans of Cuticura Soap and one box of Cuticura Ointment." (Signed) Miss Harriet Hamilton, Box 772, Yarmouth, N. S.



Practice scrubbing your face in