

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

No Kitchen Work Today! Save Health and Strength—Serve SHREDDED WHEAT

With all the bran of the whole wheat With milk or cream Shredded Wheat is a complete, well-balanced meal, containing every food element you need. Delicious with berries or other fruits.

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Anabelle Worthington



A two tiered printed silk crepe in youthful red and white tones, boasts of fitted band that gives a delightfully smooth fitting neckline. It is crossed by narrow belt of plain red crepe in matching tone. The plain crepe appears again in applied band

of Vionnet collarless neckline, shoulder bow and applied pointed cuffs of long dart-fitted sleeves. Style No. 3231 will add gaiety, charm and newness to your vacation wardrobe. It is a combination too that can be worn well into Fall season.

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

Chartreuse green chiffon, flowered chiffon, orange shade in shantung, printed rajah silk, suntan beige silk crepe, georgette crepe in navy blue and shell pink tub silk are lovely selections.

Later for Fall, you will like it especially made of black crepe satin making smart use of the two surfaces of the crepe. For instance, the hip band, neck band, shoulder bow and pointed trimming sleeves cuffs are cut of the dull side of crepe.

In dull black silk crepe, neckband, bow, cuffs and belt are made of black transparent velvet.

Dark purple silk crepe, black crepe Elizabeth, slate blue crepe Romaine and wine red canton crepe appropriate.

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

Form with fields for No. 3231, Size, Name, Street Address, City, State.

Household Hints By Roberta Lee

Lingerie Ribbon When removing ribbon from lingerie before laundering, sew a piece of tape, the same length, to one end of the ribbon. In drawing the ribbon out the tape takes its place. Leave this tape in until ready to put the ribbon back and then fasten the ribbon to the tape and pull into place.

Lettuces Cut lettuce off above the ground instead of pulling it up by the head, and it will then grow the second time.

To Enlarge the Bust Drink plenty of milk and eat fats and starchy foods. Massage daily with olive oil and cocoa butter.

PIMPLES CAUSED SEVERE ITCHING On Face, Neck, Hands and Head. Cuticura Healed.

"My skin trouble started with pimples and red blotches that affected my face, neck, hands and head. The pimples were hard, large and red, and itched and oozed over, causing disfigurement. They also caused severe itching and burning, and I could not sleep at night with the pain. The trouble lasted about two months. "I tried several other remedies which did not give me any relief. I began using Cuticura Soap and Ointment and they helped me after a few applications, and in two weeks I was completely healed." (Signed) Miss Muriel Gibson, Hinget, Alberta. Use Cuticura to clear your skin.

Etiquette By Roberta Lee

Q. What is considered the best complimentary close for a business letter?

A. "Yours truly," or, "Yours very truly."

Q. How should artichokes be eaten?

A. A leaf at a time should be pulled from artichokes, dipped into the sauce and bitten off.

Q. When a man and a woman meet on the street, who should bow first?

A. The woman.

One day the office boy went to the editor of the Soaring Eagle and said:

"There's a tramp at the door and he says he has had nothing to eat for six days."

"Fetch him in," said the editor.

"If we can find out how he does it, we can run this paper for another week."

"Who's the absent-minded one now?" said the professor as they left the church one rainy night. "You left your umbrella back there and I not only remembered mine but I brought yours too." And he produced them from his coat. His wife gazed blankly at him. "But," she said, "neither of us brought one to church."

Russia bought 4,888 American wheel tractors valued at \$2,853,333, last year.

Hats made in America are becoming popular among men of Venezuela.

The population of the world is now estimated at 1,849,500,000 persons. Poland mined nearly 3,750,000 tons of coal in the last 12 months.

BEAUTY ARTS By LOIS LEEDS



Like grandmother's flower garden

COLORS FOR SUMMERTIME

If the present summer were to be a strictly conventional season, it would be about time for the fashion experts to announce, "This is to be an all-white summer." For several years this has been the verdict, but not so this year, for dead white gowns and glaring white hats would never do with the sun-tanned flesh which is so ultra smart this summer that milady must be tanned whether she acquires it naturally or applies it skillfully in her own boudoir.

So, instead of calling this an all-white summer, it is best to characterize it as an off-white summer. For the dead white of other summers has given away to delicate pastel shades and neutral tones which are just that—off white. Just enough pigment has been added to white to give it a tone more suitable to tanned complexions. Beginning with an ivory or dainty eggshell, colors range from pale yellows to orange and golden hues. As tanned skin has in it much of yellow and even brown, these colors will be found especially becoming, so it is quite fortunate that all shades of yellow are particularly smart this summer.

gayly colored frocks of summer will not confine themselves entirely to these shades, however, for if one were to look on a garden party some afternoon one might think that grandmother's old fashioned garden has suddenly become animated. For truly every shade and hue of the flowers which used to grow there seems now to have been transformed into gowns for milady. Cool greens, rose tints, violets and orange reds are quite popular as the glowing yellows. Other new shades which have come with the sun tan vogue are lime chartreuse, nasturtium, and capucine both light and dark. In the figure gowns and the dainty floral designs which are particularly good this summer, the foundation colors are of neutral tones, which make a splendid base for vivid shades. Light beige, eggshell, fig-ivory, cream, pinkish white and flesh make lovely foundations colors for coral, aquamarine, greenish blue, mustard, amber, saxe blue, sapphire, greenish yellow, peacock, amethyst, lavender, lilac, plum, wisteria, golden rod, cherry red, geranium, airplane gray, sand and peach.

Given such a range from which to choose, milady may be tempted to say: "Every color is being used this summer." It is well to keep in mind that every color in combination with an off-white hue is the new thing.

Fashionable Colors

With sun tan the vogue in clothes and complexions this should indeed be a happy summer when every girl and woman can look and feel her best whether on the beach, at the afternoon garden party or the evening dance. For the complexion she acquires on the beach or golf links will not detract, but rather serve to enhance her charm and beauty in morning, afternoon, or evening frocks. This season is truly a colorful one with shades and hues to suit each and every complexion and type.



The legs may be made up with suntan liquid powder

For The Cook

SPANISH LUNCHEON DISH

One-half pound liver (do not slice), six slices bacon, three tomatoes, two onions, salt, pepper, lemon juice, flour. Cut the liver in cubes, and wrap a slice of bacon around each cube, using a skewer to fasten. Place in a well-greased casserole, cover with a layer of onions, then a thick layer of sliced tomatoes. Sprinkle with salt, pepper, lemon juice, and flour. Cover with buttered crumbs, dot with butter, and bake in a moderately hot oven one-half hour. Serve from the casserole.

A Morning Smile

REQUIESCAT

A farmer was trying to fill out a claim sheet for damages inflicted by the railway. His cow had been killed, and he so entered it on the blank. All went well until he came to the question: "Disposition of the carcass?" He puzzled for a time, then filled in—"Kind and gentle."

Dorothy Dix Letter Box

How Should a Young Man Go About Picking Out a Wife?—Straight Talk to an Unsophisticated Girl—Folly of a Too-Suspicious Wife

Dear Miss Dix—I am a young man and would like to get married. I have never had a girl friend to go out with and have no idea of what girls really are. I want a good wife who will love me and will make a real home for me. Please give me a few pointers on how to select a real good housewife. A GOOD BOY.

Answer: If you only want a good housewife, you had best apply at an employment agency and pick out some girl who has good references as a crackerjack cook.

But while it is of prime importance that a wife should be a good cook—and if I were a man I wouldn't pop the question to any girl until after I had sampled the bread she had made with her own fair hands—there are a lot of other things besides her skill with the pots and pans that you should consider in making your selection of a wife.

The first thing, and it is something that men nearly always ignore, is to try to get a line on yourself and to make up your mind about what kind of a wife you want. What are you marrying for? Your stomach? Or your pocketbook? Or your eyes? Or your brain? Or your heart? Which is most important to you for you to gratify? Do you want a wife for a cook? Or to save your money? Or for an ornament and living picture? Or for a chum and companion? Or just something that is sweet and cuddly upon which you can lavish your affections?

Decide on your type and the balance is easy. You have only to pick out some girl whose angels' food melts in your mouth. Or pop the question to the girl who always takes a ham sandwich instead of lobster Newberg when you are treating her to dinner, and whose favorite topic of conversation is how a savings bank account will grow if properly nurtured. Or you can select the girl who looks like a daily hint from Paris. Or say, "let's make a twosome of this for life" to the maiden with whom you play off. Or marry the sweetie that you just love because you love her.

However, if I were a young man starting out to pick out a wife and with no special leanings toward any particular female, there are just a few things that I should seriously consider.

The first is health. I wouldn't marry a sickly, neurotic woman, because I wouldn't want to spend the balance of my life working to pay doctors bills and support nurse and druggists and sanitariums. Nor would my idea of a happy home be one in which the mistress was always ailing, and where I had to walk on tiptoes because of her poor nerves. Besides which invalids are nearly always peevish and fretful and melancholy and depressing and nobody can blame them for it, poor dears, but it doesn't make them cheerful companions.

The next quality I would look for in a wife should be good nature. I would want a wife who was sweet-tempered and amiable, not one who would bowl me out every time I crossed her and whose disposition I would have to be always gunshooting around. I would want an easy-going wife who could laugh it off when things went wrong and who wouldn't blame me when it rained or the trains were late or business bad or the children got the measles.

I would want a wife I wouldn't be afraid of, and one to whom I wouldn't have to lie every time I wanted to go out in the evening. And I would want a wife who would say a thing once and drop it. Any man with almost human intelligence can find out if a girl has the nagging complex before he escorts her to the altar.

Then I would try to find out how our ideas and tastes and habits jibed. I wouldn't take any chances on making her over to suit me after we got married and I certainly wouldn't look forward with any joyous enthusiasm to her cutting me over according to her own paper pattern.

I would want a wife who looked at things from my point of view and who would vote the same political ticket and go to the same church and like the same kind of food and read the same sort of books that I do.

I wouldn't see much chance of happiness with a wife who thought everything I did wrong or foolish; who scorned my low-browed taste in musical comedies; who hated athletics and was bored to death by my friends and who was never willing to grab her hat and go to the movies with me or read a detective story with me or laugh at a silly joke.

And finally, and most important of all, I wouldn't marry any girl who didn't have a head full of good, hard, horse sense, for if she had that she would be reasonable and just and able to accept what came in life like a good sport. Furthermore, if she had plenty of good sense I would know that the balance wouldn't matter very much. For if an intelligent woman has faults and shortcomings she can correct them, but if a woman is a fool she is hopeless. DOROTHY DIX.

Dear Miss Dix—I am a girl, 16 years old, and am in love with a man of 28. He says he loves me better than anything on earth, but he does not believe in marriage and wants me to live with him without going through what he calls the foolish marriage ceremony. What shall I do? Shall I do as he wants me to do, or shall I quit him and get such ideas as these out of my head? N. M. W.

Answer: Quit him and get such ideas out of your mind. If you do not, they will wreck your whole life.

Try to look the situation fairly in the face. This man tells you that he loves you, but he lies. He loves nobody but himself. When a man really loves a woman he puts her good above everything else. He tries to protect her, and especially when she is a little young 16-year-old child, such as you are, she calls forth all the chivalry that is in his nature and he wants to save her from herself and from the effects of her own ignorance and folly.

Be sure of this, my dear. The man who really loves a woman and who means to act honorably toward her and be faithful to her offers her legal marriage. When a man says he doesn't believe in marriage it means that he does not propose to bind himself to any woman. He will stay with her as long as she interests and amuses him and no longer.

Then when her beauty fades, or he gets weary of her or his fickle fancy turns toward some other woman or he decides he wants all of his money for himself, poof, he turns her out of doors and that is all there is to it. She has no redress. No claim on him. He is free to go out and lure some other poor fool of a woman into the same sort of losing bargain.

And that is where you would be, my child. Deserted. Declared. Without home. Without friends. Without position in society. Without money. Without self-respect.

Charming prospect, isn't it? DOROTHY DIX. Dear Miss Dix—My husband and I have always been so devoted to each

Milady Beautiful By Lois Leeds



APPEAL THE SUN-TAN LOTION

BEAUTY QUESTIONS ANSWERED

Dear Miss Leeds—(1) I would like to know what to do for a red complexion. My throat is red also. (2) How can I prevent underarm perspiration? M. E. S.

Answer—(1) You will never have a white skin, but you can keep your complexion from getting redder by protecting it from hot sun and wind. For day time wear, adopt the popular sun-tan make-up, which will give your skin a brown tone and protect it at the same time. For evening you might experiment with lavender or greenish tints in face powder to tone down the redness. Use the make-up on your throat also. Harsh soaps and failure to rinse and dry carefully tend to make the skin too red. Use pure Castile soap. Avoid extremes of heat or cold. (2) There are several commercial preparations on the market for checking perspiration. Try one of them. LOIS LEEDS.

Superfluous Hair

Dear Miss Leeds—I am a young girl 23 years old. I have a heavy growth of hair on my upper lip. How can I get rid of it forever? R. E. T.

Answer—You may have the hairs permanently removed by electrolysis. The hairs that are so treated never grow in again, but sometimes adjacent hairs appear, so that a number of treatments may be required to clear the whole area permanently. LOIS LEEDS.

Underweight

Dear Miss Leeds—I am 13 years old, 5 feet tall and weigh only 80 pounds. I have always been underweight. I eat the proper kinds of food and for three months I have been drinking four glasses of milk and four of water every day. How can I gain weight? MARY LOIS.

Answer—You are seventeen pounds below the average weight for your age and height. If you have small bones, part of this thinness may be due to your natural type. Sometimes underweight is due to adenoids, bad tonsils or decayed teeth, to nervousness or loss of sleep at night, eyestrain or other unsuspected variations from the normal. My advice to you

other. Never a cloud between us, but the other day I saw him kiss a woman guest and now I feel I never can trust him again. What shall I do? JANE Answer:

Forget it. If that is all you have against your husband you are a lucky woman. Kissing doesn't mean any more than shaking hands these days. Custom has taken the significance out of it. Quit nagging your husband about this one kiss or else you will make him think there was more pep to it than there really was. DOROTHY DIX.



Was In Bed All Summer

"I have to work in the store and do my own housework, too, and I got nervous and run-down and was in bed nearly all summer. The least noise would make me nervous. I was told to take Lydia E. Pinkham's Vegetable Compound and I have taken seven bottles. It has made me stronger and put more color into my face. I am looking after my store and housework and my four children and I am getting along nicely now." —Mrs. J. Malin, R. R. No. 5, Barton, St. East, Hamilton, Ontario, Canada.



is that you have a thorough physical examination by a doctor and then follow his suggestions. In order to cure underweight, you must find and remove the cause. LOIS LEEDS.

Reducing Exercise

Dear Miss Leeds—Please describe an exercise for reducing the abdomen and seat.

Answer—Lie on your back on the floor, legs straight, feet together and arms spread out at the sides. Raise your right leg and bend the knee up on your chest. Straighten it with a vigorous kick. Repeat with the other leg, then with both legs together. Return to starting position. Cross the right leg far over the left leg, keeping the knees straight. Let the hips roll freely, but keep the upper part of the trunk flat on the floor. Bring the right leg back again and reverse the movement by stretching the left leg over the right one, twisting the body at the waist. If you are unused to exercise, go through the whole exercise only once the first day, then gradually increase the number of the repetitions day by day until you can repeat the movement ten times each without undue fatigue. Tomorrow—Correct Breathing for Beauty

More than 650 new American motorcycles were ridden in Soviet Russia last year.

When do we eat?



"A hundred miles from nowhere" you'll always have pure, rich, delicious milk—if you have Carnation. Great for creaming coffee. Fine for cooking. And just as fine for everyday use when you get back home. Write for Mary Blake Cook Book Carnation Milk Products Co., Limited, Ayrton, Ont.

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