

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

BEAUTY ARTS By LOIS LEEDS



It is usually the thin girls who have premature wrinkles and graying hair

BEAUTY HINTS FOR SLENDER GIRLS

With the approach of the summer season, many of us are planning to enjoy out-of-door pleasures, such as golf, tennis, swimming and hiking. For swimming milady does not want to display a bony, scrawny neck, shoulders and spine. The new bathing suits for the coming season are cut so low in the back that, unless one's bones are well covered with flesh, they will be embarrassingly apparent. In order to avoid this beauty problem one should begin now to build a graceful figure.



Importance and none should be overlooked. First of all a good, healthy appetite is of prime importance. Second, given a good hearty appetite, and be careful in the selection of foods. Third, sleep is as important as good food and the thin girl should sleep nine or ten hours every night. Fourth, and last but not least in importance, stop worrying and learn to relax, especially before and after meals. To promote a good appetite one should take a moderate amount of exercise in the fresh air. Too much exercise for this type of person is not wise and makes one too tired to eat. Another way to tempt the appetite is to choose foods that are attractively prepared and have nourishing qualities. Pretty china and napery make a great difference in the pleasure of a meal.

Diet Hints for the Slender Woman Not alone does the quantity of food count in gaining weight, but the quality of the food and the thoroughness with which it can be assimilated. Here are some foods suitable for the fattening diet: Rice, macaroni, buckwheat cakes, cornstarch, cereals, fried fish, veal, pork, baked beans, peas, potatoes, ham, all milk products, cocoa chocolate preserves. Fatty starchy and sweet foods are desirable. Also all green vegetables are very beneficial, not to add weight, but to provide mineral salts, vitamins and roughage. The woman who wants to gain weight should be able to do so by

watching her diet and counting the number of calories in her food. If she is 5 feet 2 inches tall she may use the following diet, which gives 2540 calories a day: Breakfast: Two sliced peaches with 1 teaspoonful of sugar and 3 table-spoonfuls of thin cream, 190 calories; 2 slices French toast and 3 table-spoonfuls of maple syrup, 450 calories; 1 poached egg and 4 small crisp strips of bacon, 170 calories. Total, 810 calories. Luncheon: One chop, 2 ounces, 150 calories; 3 table-spoonfuls gravy, 100 calories; 1 medium potato, 100 calories; 2 table-spoonfuls of squash (or similar watery vegetable), 25 calories; cup custard, 1-3 cup, 100 calories. Total, 525 calories. Afternoon tea: One table-spoonful malted milk in glass of milk, 180 calories; 4 macarons, 200 calories. Total, 380 calories. Dinner: Four ounces cream of potato soup, 125 calories; 2 1-2 ounces baked beans, 100 calories; 3 ounces of meat, 160 calories; vegetable salad with mayonnaise dressing, 150 calories; glass of milk, 100 calories; stewed fruit, 200 calories. Total, 825 calories.

Cultivating Youthfulness It is usually the thin, nervous types who have to contend with premature wrinkles and graying of the hair. Their throats become stringy, with angular collarbones below, and their bony hands are prominently veined. Girlish clothes and bobbed hair cannot make such types look young; they require a deeper form of beauty culture. First of all they must bring their weight to normal, since graceful curves are not found about a gaunt, angular face and figure. Skin foods and astringents are also needed to make the skin smooth, flexible and fine in texture. Keep a good posture, as hollows form in the front of the neck and shoulder blades are prominent when bad posture is habitual. Milady must learn to hold her head up instead of allowing it to sag forward. Correct posture will do away with some of the ugliest throat wrinkles. Once a week a steaming treatment and massage with a bleaching cream will be helpful. An astringent application should, of course, follow the massage. But the remedy for thinness is not difficult to apply if one is really determined to develop a well-knit figure. Diet is, of course, of great importance; rest and relaxation varied by just enough physical activity are equally so. The thin girl should not be too ambitious in her studies; she should carry a light schedule in school so that she will not be under a mental strain and will have plenty of time for outdoor sports and diversions.

It is usually the thin girls who have premature wrinkles and graying hair Posture Defects MALPEQUE The young people of Indian River district recently presented a play entitled Josiah's Courtship, in Malpeque Hall. The attendance was good, and a good sum was realized. A moving picture show under the management of Messrs Lord and MacWilliams, of Cape Traverse is given in Malpeque Hall each Wednesday evening. The pictures are

much appreciated and so far the attendance has been good. The ladies of Keir Memorial Church held a successful pantry sale in their Church hall on Saturday evening, May 18th. About thirty dollars was realized. Mrs. Pope Beer and Mr. Reginald MacNutt, Charlottetown, spent the week end with their parents Mr. and Mrs. Robert MacNutt, Darnley. Miss Muriel MacNutt, who has spent about five months with relatives and friends in Montreal, Toronto, New Jersey and New York, returned to her home on Friday evening, May 18th. Rev. Dr. Saint of Kensington, and Rev. Andrew Thomson of Princeton United Church, exchanged pulpits on Sunday, May 20th. Miss Betty Saint of Kensington, spent Sunday with friends in Malpeque. Miss Ella Simson, who is in training at the Prince Edward Island Hospital, Charlottetown, is spending her holidays with friends here. Mr. and Mrs. Joseph Davidson, Mr. and Mrs. Waldron Davidson, and Miss Lillian Davidson of Kensington, spent Sunday with friends in the Baltic. Mr. Hartwell Crozier left on Tuesday morning to undertake work in the interest of the Bible Society. Mr. Crozier's many friends here will miss him during the summer and wish him every success in his work for which he is so well suited. Mr. Bruce MacNutt, Charlottetown, is a visitor at his home here. Mr. Douglas Ramsay, Hamilton was a recent visitor to Charlottetown. Mr. Robert Donald, Baltic left on Monday morning for Yarmouth, N. S.

A Morning Smile

The program was long and boring. And, when three ladies came on to sing together, one of the boys felt it was too much. "Bill can't stand this any longer. Let's get out." "Hold on a bit, Jim" replied the other soothingly. "They're hurrying up. See, they're putting on the singers three at a time now."

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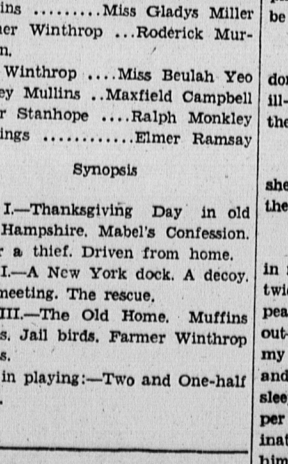
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The Young People's Society of Central Lot 16 presented their three act comedy drama entitled "The Old New Hampshire Home" in Malpeque Hall on Monday evening, May 20th. The following is the cast of characters: (In order of appearance), Tilly Mrs. Roy E. MacLean Zeb Watkins Chalmers Hutchinson Moses Gagnski John Manderson Edward Van Duesen Wilfred Hutchinson. Mabel Winthrop Miss Freda Brown Muffins Miss Gladys Miller Farmer Winthrop Roderick Murchison. Mrs. Winthrop Miss Beulah Yeo Mickey Mullins Maxfield Campbell Oliver Stanhope Ralph Monkley Rawlings Elmer Ramsay

Synopsis Act I.—Thanksgiving Day in old New Hampshire. Mabel's Confession. Oliver a thief. Driven from home. Act II.—A New York dock. A decoy. The meeting. The rescue. Act III.—The Old Home. Muffins arrives. Jall birds. Farmer Winthrop relents. Time in playing:—Two and One-half Hours.



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Dorothy Dix Letter Box

Comforting Advice to the Socially Inexperienced Wife. Is Swearing at the Car a Dangerous Vice in Husbands? The Flapper Who is Vamping Middle-Aged Husband

Dear Miss Dix—I was a poor girl who had few advantages of education and none of society. Five years ago I married a clever and ambitious man who is making a great success, and, although he loves me and is good to me, I can see at times that he is ashamed of me because I do not know how to dress, nor what to say to people, nor even how to eat properly. I am often invited with him to places, but I always decline because I know that I would eat with the wrong folk, or do something terrible before the evening was over. My husband would like for me to go with him, and also for me to entertain, but I simply can't do it because I don't know how. I want my little daughter to be proud of her mother and to be a help to my husband instead of a drawback. What can I do? MRS. X.

Answer: You are right in thinking that you must keep up with your husband, or else you will lose him. For if you just fall into the background of his life and take no active part in it, he will soon forget you are there. A wife has to keep herself in evidence these days if she wants her husband to bear in mind that he is still married.

And you are wise to realize that the most devastating emotion a husband can feel for his wife is for him to be ashamed of her. It will kill his love quicker than anything else on earth. For it touches his vanity on the raw. She represents his taste, his judgment. She bears his name and is part of himself, and he cannot endure for other women to smile covertly at her gaucheries or lift their eyebrows at her appearance. His own awkwardness he might ignore, or be ignorant of, or condone, but not his wife's.

In the society to which your husband's success is taking him he will find many beautiful, elegant, smartly dressed, accomplished women who will seem all the more alluring to him because they are more sophisticated than the woman with whom he has been associated in the past. And many of these women are ruthless creatures who think it great sport to take a brilliant and talented self-made man away from the wife he has outgrown.

So, my dear lady, it is time for you to get busy. Your letter shows that you have a keen, incisive, forward-looking mind of your own, and there is no reason why a woman with that sort of equipment shouldn't be able to catch up with her husband and march beside him.

You have analyzed your situation very clearly and the answer to your problem consists in getting private tutors.

First, get some teacher of literature, or some highly educated woman to read with you for a couple of hours every day. Don't undertake a college course at your age. You would get discouraged and quit. Just read new books and get your tutor to talk to you about books and about current events and explain things to you so simply that you will get a grasp on world problems. Then get her to go with you to the theatre and talk to you about the new plays. Then read the newspapers and magazines as religiously as you do the Bible, and in six months you should be able to carry on an intelligent conversation with any one, instead of being embarrassed and tongue-tied.

Perhaps this won't give you culture in its broadest sense, but it will give you a nice veneer of culture, and there is a lot of skimmed milk that masquerades as cream even in intelligencia circles.

In every community there are women, who have been noted as hostesses and who have moved in the smart clothes of society, who have lost their money and would be glad to coach any social aspirant.

Get such a woman to teach you how to enter a room and how to leave it, what to say to people when you are introduced to them, what forks and knives to use, what to order at a restaurant and at a tea and how to entertain at home.

There is nothing occult about these matters that any woman with ordinary powers of observation cannot acquire in a short time.

And get somebody who speaks beautiful English to teach you how to talk. Get her to correct your grammar, your pronunciation, your intonations, your phraseology, and to teach you the patter of the day, for it is just as bad to be too precise and stilted as it is to be too unconventional in your speech.

As for clothes, go to a good dressmaker and put yourself in her hands and don't dare to follow your own untutored taste. Perhaps the reason you are ill-dressed is because you are overdressed and don't wear the right things at the right time.

The American woman is the most versatile creature in the world and she can make herself over if she wants to. And I am sure you are one of these who can do so. DOROTHY DIX.

Dear Miss Dix—I am not in good health and my only recreation consists in my husband's taking me out in my father's car in the evening once or twice a week. As long as there are no mishaps to the car, husband is a peach and seems to enjoy as much as I, but lately almost every time we go out—the tires are rotten—we have a blowout, and then husband growls, "Just my luck." And while he doesn't swear out loud, I know what he is thinking and that spoils my ride. And it makes him so grouchy that it takes a night's sleep to restore him to normal. The only time my husband ever loses his temper and acts mean is when something happens to the car. Now shall I eliminate the rides, as fixing the tires vexes him so? If I do so, shall I be spoiling him, or just being a good sport? SALLY ANN.

Answer: Lord, child, don't you know anything more about men than to take seriously your husband's getting peeved because he has to put on a new tire?

In riding along haven't you observed that when a man is changing a tire, or peering into the innards of an automobile that is parked along the roadside, the women of the family are always gathering daisies, or gazing in shop windows at a safe distance so they won't hear what he is saying?

Haven't you ever heard a man's remarks to his wife when she suggested that he turn to the right, or turn to the left, or warned him to slow down? My dear, what men say at such a time is not fit for women and children to hear.

And they are all alike. There is something in an automobile that changes a man's entire nature and that provides a Sunday School superintendent with the profane vocabulary of a longshoreman, that makes the meekest, henpecked one sass his Maria right to her face and say things that he wouldn't dare to say if he was sitting in a rocking chair instead of an automobile, and that converts the sweetest-tempered man into a grouchy and a grump and a potential wife-murderer. It is a good thing they didn't have automobiles in Job's day. They would have counted him out on the first round with one.

Etiquette By Roberta Lee

Q. When addressing a man in a letter as "junior," should "Mr." precede his name? A. No; merely write it, Charles J. Smith, Jr.

Q. Is it proper for a woman to rise when introduced to a man? A. Not unless it is an eminent or an elderly man.

Q. When dining as a guest at a friend's house for a single meal should one refold his napkin when through? A. No; leave it unfolded.

A Fashion Hint



834 SNUG HIPS

Smart, becoming and practical. A wide band gives the desired snugness through the hips and a slight blousing to bodice. The French V front adds length to figure. Design No. 834 combines printed and plain georgette crepe, smart plaid pattern in navy blue and white, cool and flattering for all-day wear. Printed silk crepe, wool crepe, jersey, canton faille crepe, men's silk shirting fabric, pique, printed linen, washable flat silk crepe and shantung are other smart suggestions. Pattern comes in sizes 16, 18, 20 years, 36, 38, 40, 42 and 44 inches bust measure. The 36-inch size requires 2 1/4 yards of 40-inch material with 1/4 yard of 36-inch contrasting. Price 15 cents in stamps or coin (coin 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.

For The Cook

Creamed Dishes Use for an individual serving 1/4 cupful white sauce (made with 1/2 table-spoonful each butter and flour with 3/4 table-spoonful salt to each 1/4 cupful milk.) Sweetbreads—One-half cupful, parboiled and cut in small pieces. Chicken—One-half cupful cold chicken, cut in small cubes. Season with salt and pepper. Chicken broth may replace part of the milk in making the sauce if desired. Fish—One-half cupful cooked fish, the skin and bone removed and the flesh flaked with a fork. Season with salt, pepper and lemon juice. Serve creamed foods on toast, garnished with sprig of parsley, or on a plate, garnished with points of toast.

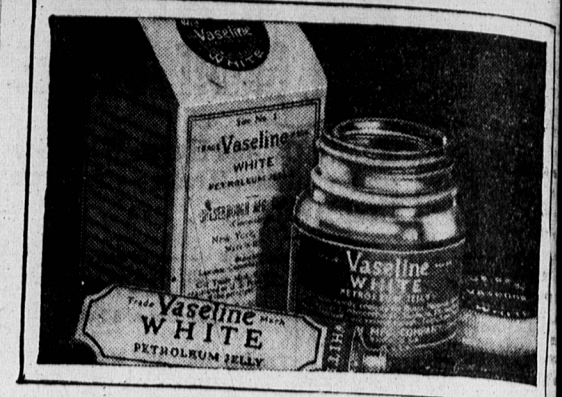
All wives know how men react to an automobile and all sensible wives overlook it and don't think anything about it. So follow their example and don't worry over your husband's kicking at the rotten tire. It won't do him any harm, or you, either, unless you get morbid about it. DOROTHY DIX.

Dear Miss Dix—I have been married twenty-five years and have had a good husband and a happy home. Now a girl in her twenties has come to live with us. She is of the flapper type and the way she takes on over my husband is simply disgusting, but he likes it and is furious with me because I resent it. I fear for my happiness. What shall I do? A BROKEN-HEARTED WIFE.

Answer: Get rid of the girl as soon as possible. She is as dangerous as a poisonous snake. Any middle-aged woman who takes a pretty young girl to live in her house is going out of her way to hunt for trouble.

A girl like the one you describe takes a fiendish delight in making a wife jealous and making a fool out of a middle-aged man. DOROTHY DIX.

"We find it a good safeguard," says mother



Follow these Instructions Ticking cough—A spoonful now and then relieves a rough throat and soothes the paroxysms of coughing after a cold. Cold in the head—A bit snuffed up the nostrils makes breathing easier, helps heal inflamed membranes. Constipation—Take a tea-spoonful or less twice a day—one hour after breakfast and supper. It's tasteless and odorless. Reduce quantity for children.

Vaseline TRADE MARK PETROLEUM JELLY

Smiling Duchess Gives Hints On Clothes

(BY HARRY L. PERCY.) The Duchess of York, wife of King George's second son, and mother of baby Princess Elizabeth, is the personification of femininity. She loves clothes and admits the fact frankly. "Some clothes like me, some clothes don't," she once laughingly remarked to a friend. This perfect sense of what she can wear never leaves her. "If a woman knows her limitations she can always be well dressed," says the duchess, and with this in view she has four "musts" with regard to her clothes. 1. They must be simple. 2. They must be cut perfectly. 3. They must suit the personality and not merely be fashionable. 4. The color scheme must be carefully thought out in every case. The duchess has been called "the dainty duchess." Her daintiness is typified in her negligees which are invariably of soft pale colors. Georgette and crepe de Chine combined are greatly favored by her for these robes, and the neck and sleeves are generally edged with the finest lace or some soft fur dyed to match the wrap. She thinks mules are the most comfortable bedside slippers, and she has a variety of them in all colors. She is particularly fond of pink satin mules trimmed with chiffon flowers. FAVORS SILVER GREY. Silver grey is a color much favored by her for town wear, and she is often to be seen in a soft grey coat with a large roll collar of silver fox. The skirt under this coat is of similar grey, and is of pleated crepe de Chine, while the plain soft jumper of "Betty" blue matches the small tight-fitting blue felt hat, with its characteristic turned-up brim and the blue feather falling at the right side. "Betty blue," as it is called, is a slightly darker shade of cornflower blue than "Princess Mary" blue. The duchess has a real reason for her choice of these small, turned-back hats. They become her sweet, serious face extraordinarily well. All wives know how men react to an automobile and all sensible wives overlook it and don't think anything about it. So follow their example and don't worry over your husband's kicking at the rotten tire. It won't do him any harm, or you, either, unless you get morbid about it. DOROTHY DIX.

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Daily Arguments

AUNT HET BY CLAUDE CALLAN I felt sorry for the ped after afterwards, but he shouldn't come when I was fixin' dinner for company an' ever'thin' else wrong."