

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

Household Hints

By Roberta Lee

A Dish Mop

A dish mop can be made by fastening a quantity of candle wicking or soft linen rags to a wooden handle of the required length. The mop part should be about five inches long when finished.

Hiccoughs

To stop hiccoughs, take a small sup of hot water, hold it in the mouth until it is felt that the hiccough is approaching, then swallow quickly.

A Substitute for Whipped Cream
Slice one banana and add it to the white of an egg. Then beat it. The banana will dissolve. This makes a delicious substitute for whipped cream.

A Morning Smile

Language Lesson

"Make a sentence using the words 'defeat,' 'defense' and 'detail.'"
"Defeat of the cat went over defense before detail."

Daily Arguments

AUNT HET
BY ROBERT QUILLEN



"I reckon it's wicked; but when I leave the movie show after watchin' a handsome young feller mak' love, I can't help sighin' a little when I look at Pa."

POOR PA
BY CLAUDE CALLAN



"Every time Nora takes a good look at one of her children she gets uneasy an' decides to give 'em a dose of somethin'."

A Fashion Hint



212

MOLDED WAISTLINE

An attractive printed silk crepe that simulates tuck-in type, a youthful idea of Paris. The fluttering box-plate skirt, attached to hipband secures slender silhouette. The molded bodice has Vionnet neckline with flattering bow tie. Style No. 212 is lovely for afternoons, made oforgette crepe in charrtrouse green or flowered chiffon. Other practical suggestions are wool jersey in pastel shade, feather-weight tweed in wood-violet shade, plain silk crepe in tomato red and printed cotton foulard. Pattern for this popular style can be had in sizes 16, 18, 20, years, 36, 38, 40, 42 inches bust measure. Size 36 requires 4 1/2 yards of 40-inch material with 1/2 yard of 20-inch contrasting. Price 15c in stamps. (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.

COMMERCIAL ART

OTTAWA, Ont., April, 19.—Commercial art is a necessity in modern business and especially in the advertising field, said Alan Reddoe in a lecture to a large audience at the Art Association of this city. He was speaking on the background of commercial art, comparing it favorably to the fine arts. In the placing of modern advertising before a critical public, the services of the artists were obtained to make the sketches and layouts.

Etiquette

By Roberta Lee

Q. Why is the monogram on a large dinner napkin embroidered in the center?

A. Because the large napkins are folded in thirds instead of quarters.

Q. Who is considered the most important servant where several are employed in a household?

A. The butler.

Q. Should one make a call of inquiry after receiving an announcement of a birth?

A. Yes, and promptly.

For The Cook

Cooking Lore

Orange fritters are very good served with a slice of fried ham.

The Duchess apple is said to be the finest pie apple procurable.

Certain leftover vegetables are very good served cold on lettuce leaves with French dressing.

When popping corn, start with a moderate heat and increase gradually. Do not have the popper too full.

When serving canned asparagus, either in salad or on toast, it will be much more attractive if sprinkled with paprika.



BEAUTY QUESTIONS ANSWERED

Care of Sensitive Skin

Dear Miss Leeds—My skin is so sensitive that when I use soap to cleanse it it breaks out in fine pimples and seems to burn and chafe. I am in good health. When I use cold cream my skin becomes too oily. I am 14 years old, 5 feet 3 inches tall and weigh 115 pounds. My bust measures 32 and my waist 27 inches. Is this correct? C. S.

Answer—Perhaps you have been using too strong a soap. At bedtime cleanse your skin with cold cream, wipe it off and then wash your face with warm water and pure castile soap. It is very important to rinse off all the soap in clean warm water. Now rinse your face in cold water and dry thoroughly. If your skin feels sensitive apply a little food cream or a skin lotion. If you find this treatment too irritating, substitute for the soap a small bag filled with two tablespoonfuls of uncooked oatmeal. You can make the bag out of an old piece of handkerchief lined if you wish. Soak the bag in warm water for a few moments and then rub it on your face. A soothing milk juice will come out of the meal. Wash your face with this instead of soap lather. Rinse well. Your measurements and weight are good.

LOIS LEEDS.

Various Beauty Problems

Dear Miss Leeds—Please tell me what to do (1) to get rid of hairs around my mouth? (2) to get rid of freckles on my nose? (3) to keep my eyes from watering? (4) to get rid of goiter. MRS. M. D. H.

Answer—(1) The most practical solution for this problem is usually to bleach the hairs with strong peroxide if they are dark. Anything else you did to them might increase their growth. Of course, you might have the longer hairs permanently removed by electrolysis, but this sometimes stimulates the growth of adjacent hairs which may necessitate more treatments than you would care to take. (2) Use a commercial freckle cream or lotion. Remember, however, that it is not always possible to remove freckles entirely. Be satisfied if they become lighter and then cover them with powder. (3) You should consult an eye specialist. The watering is probably due to eye strain. (4) Consult a doctor about the goiter. I do not give advice on medical questions.

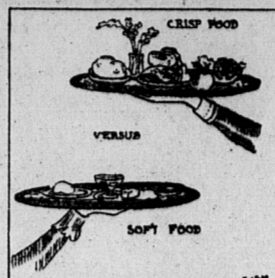
LOIS LEEDS.

Improving a Dry Skin

Dear Miss Leeds—(1) I have a very dry skin. How can I make it oilier? (2) My hair is very straight and oily. It does not take a finger wave or a Marcel very well. Should I use a curling fluid on it? (3) Do freckles come back when once removed with commercial freckle bleaching

Milady Beautiful

By Lois Leeds



THE BUST-REDUCING FORMULA

There are so many reducing methods offered now that it is difficult for the overweight woman to decide which is worth most. A concise answer to this question is supplied by a noted physician, who is quoted as saying that the best reducing system may be described in four words. "No more, thank you." There is a great fund of wisdom and experience behind this simple advice, although, of course, there are cases of excess weight that cannot be remedied by restriction of diet alone.

The average case of overweight in adults is caused by overeating and lack of exercise. It is the second or third helping of a favorite dish that piles up the excess pounds. Usually, too, the very foods the overweight most relishes are the richest in calories. There are not many fat people, for example, who are ever tempted to eat too much lettuce or celery, spinach or tomatoes; what tickles their palates is most likely rich pastry or whipped-cream desserts.

Overeating is just a thoughtless habit with many adults. The amount of food fuel that the body needs during the growing period is naturally greater than that required in later life. Habits of vigorous physical activity are usually gradually abandoned as one gets older. These two factors taken together make it necessary for the mature woman to revise her diet in the light of her present physical needs. She should remember that while asking for a second helping of food is considered a healthy habit for an active growing youngster, it is not beneficial for an adult who is already carrying around too much fat.

As a general thing it is better to continue a varied diet, eating less of each dish, than to adopt a freak diet consisting of only one or two items. Sometimes what seems a very strange combination of food is prescribed by a doctor or reducing purposes in individual cases, but such diets should not be adopted for indiscriminate use by all fat persons.

The chief obstacle to cutting down on her diet that the overweight woman usually encounters is her own craving for her accustomed second or third helping. One way to overcome this difficulty, at least in part, is to choose foods that require hard chewing in preference to soft food. The former seem to be more satisfying to the appetite. Most foods can be prepared in either form. For example, a baked potato eaten with its jacket is more satisfying than an equal amount of mashed potato. Hard rolls or toast require more thorough mastication than soft bread. There are many other examples, such as crisp cole slaw and boiled cabbage; raw apples and apple sauce; whole grain cereals and the refined products; raw carrots or celery, and the same cooked until soft.

Hard, crisp foods are not only more satisfying but are better for the teeth and gums than mushy foods. Some foods of the former type should be included in every normal person's diet.

Tomorrow—Beauty Questions

Talking films are to be made in England.

Vienna, Austria, is installing American soda fountains.

Telephone calls in Paris at pay stations now cost two cents each.

MARTHA GRACE.

Answer—(1) Try cleansing your skin with cold cream or a cleansing oil instead of soap and water. Massage the cream in thoroughly, wipe it off and repeat the process, being careful to remove all the powder and grime. Moisten a clean piece of absorbent cotton in a skin tonic (witch hazel will do) and wipe the skin again. Now rub in a little food cream and leave it on overnight. Next morning wash your face with cold water, dry carefully and apply cold cream. Wipe off the cream lightly, leaving enough of it to act as a powder base. If you have been using bleaches on your face that may account for the dryness. (2) Yes. (3) Yes. LOIS LEEDS.

Tomorrow—The Perovskis Remde

Sympathizes With Her Mother

Dorothy Dix

Is the Modern Girl Ungrateful?

"The Modern Girl Desires, Above All Else, to Be Thought a Good Sport," Says Dorothy Dix, "But She Shows Very Little Sportsmanship in Dealing With Her Mother; She Doesn't Even Play Fair"

I have written a lot about the mothers who, in the excess of their love and anxiety about their daughters, nag their very lives out of them. It seems next to impossible for a woman to be able to realize that her children ever grow up and develop sufficient intelligence to know when to come in out of the rain, and it is easy to see how this petty tyranny gets upon the nerves of a girl who is holding down a responsible position in a business office and who is ten times more worldly wise than her mother will ever be.



Of course, if mother could be brought to realize that Mary, by reason of being free, white and 21 and self-supporting, is entitled to some personal liberty and that Mary has enough sense to know when to go to bed and what to eat and when to change her stockings and that if she hasn't bred enough good principles in Mary to make her walk straight it is a waste of effort to watch her, it would do much to promote peace and harmony in the home and establish the entente cordiale between mothers and daughters.

But when a mother ever rises to the heights where she can take this broad view of the situation or not, there is mother's side of the question to be considered and, when all is said, daughter's offenses against mother are greater than mother's against her.

Mother may be hard to live with, but she has no agreeable fireside companion herself when she has to put up with an arrogant, impudent, selfish, self-willed girl who rides roughshod over every one about her. Yet multitudes of mothers have to endure this, and being chicken-pecked is as excruciating a form of torment as any ever practised by the inquisition.

In these days there are mighty few girls who stand in any awe of their mothers, but there are millions of mothers who live in mortal terror of their daughters. They see their daughters doing what they know to be wrong, but they dare not try to stop them. They are afraid to ask daughter even a civil question or to offer a suggestion, because they know well the torrent of abuse their audacity will bring upon their heads.

Why, we all know plenty of homes in which the real head of the house is a spoiled little flapper whose word is law. She decides when and how and where the family shall live. She drags mother and father off to Europe against their will. She buys the new car they can't afford and the balance of the family ride in it only when she isn't using it. She runs father into debt. Neither mother nor father dare to express an opinion in her presence, for she has no hesitation in criticizing their grammar and theories and telling them just what back numbers she considers them.

Now when mother disapproves of Mary's conduct it only irritates Mary; it doesn't really hurt her. But when Mary lets mother know that she considers her little better than a fool and that she has no respect for her judgment or taste and has no intention of being guided by her, she strikes a dagger into mother's heart. She could not wound her more cruelly because she slays the vanity that makes all parents hug to their souls the illusion that no matter what they may be to the outside world, their children reverence and admire them and look up to them as oracles.

Then the mother of one of these selfish, self-centered girls knows truly how sharper than a serpent's tooth it is to have a thankless child. Ever since Mary was born mother has suffered and worked and sacrificed for her. She has literally given her life to try to make Mary's life easier than her own.

When Mary tells mother it is none of her business where she is going or when she is coming home as she starts off at night in an automobile with a man whose name mother doesn't even know, mother thinks of the weary vigils she has kept by Mary's sick bed when she was a child; of how, when Mary was growing up, she overworked that Mary might have time to play; of how she has gone shabby that Mary might have as good clothes as the other children at school; of the many nights she has sat up sewing and washing and pressing so that Mary might have the pretty clothes that set off her beauty.

The tears on mother's face are bitter with the sense of ingratitude and she wonders when Mary rages against her because she tries to control her that Mary never remembers how much she has done for her and the patient, tender mother love that has been lavished on her and that has warmed the world for her all of her life.

The modern girl desires above everything else to be thought a good sport, but she shows very little sportsmanship in dealing with her mother. She doesn't even play fair with father or give mother a run for her money.

Mother has spent a small-sized fortune on educating her and having her taught accomplishments, but daughter never thinks it worth while to sit down and have a real conversation with mother and try to entertain her or to try to be a companion to mother. Daughter wants all of the background and the protection that a home gives, but she doesn't want any of the restraints that it imposes upon her.

Daughter wants all of the service that mother can give her. She wants mother to provide her with pretty clothes, to give her good food, nurse her when she is sick, to sympathize with her when she is in trouble. If she is a poor girl, she wants mother to wash out her lingerie and press and sponge her frocks and keep them in order so that she may be fresh and dainty when she goes to work, but she doesn't even want to say "thank you" for it or to show mother any appreciation or to defer to her wishes.

In a word, she wants to take all and give nothing, which is most unfair, and nobody in the world but mother would stand it. For it is only mother love that can bleed from a hundred wounds and still live on. It is only a mother who will toll on for one who shows her neither affection, appreciation nor gratitude. Which is a miracle the modern girl should thank God for on her knees.

Negotiations To Open In June

(Canadian Press)
GENEVA, April 19.—Fresh naval disarmament negotiations between England, the United States and France are to open in June, it was understood here today. A general disarmament conference is possible early in 1930. After Lord Cushendun had made an address before the preparatory disarmament commission today urging that discussion of naval matters be omitted at this meeting, league members said the present session of the commission would deal

only with the military and aerial clauses of its draft project. Naval matters would be left open until after the negotiations between England, France and the United States, which, it is understood will open immediately after the British general elections.

(Canadian Press)
LONDON, April 19.—In a reply to a question in the House of Commons yesterday, Rt. Hon. L. C. M. S. Amery, secretary for the dominions, said the total number of persons assisted under the Empire Settlement Act up to March 31 of this year had been 366,531 approximately. The expenditures under the act, which was passed in 1922, including the present year up to March 31, had been \$5,620,758.

Making Breakfast More Healthy

If a questionnaire were to be sent to every family living in a country asking how many really enjoyed breakfast what proportion of answers would be in the affirmative? In so many households breakfast is a scramble with every one in a hurry and at least one person having got out of the wrong side of bed. The atmosphere of the breakfast table may effect the whole day and it is of real importance to at least give the opportunity of a well served, leisurely breakfast to the members of the family.

The first precaution to take is to get people out of bed in plenty of time—easier said than done! The second is to have breakfast ready when they come to the dining room and the third is to have food prepared and served in an appealing manner.

A customary breakfast includes fruit, cereal, bread in some form, and a drink. To this may be added eggs or meat depending upon the need or desire for a substantial meal. In the family without a maid, fruit with the exception of orange juice and bananas can be prepared the night before. Orange juice must be freshly squeezed to retain its best flavor. Bananas will darken if peeled and exposed to the air. Stewed fruit is even improved by standing in its own juice. Grapefruit is delicious when cut, sections separated, honey poured on it and placed in the refrigerator over night. Berries can be looked over, hulled if necessary and chilled.

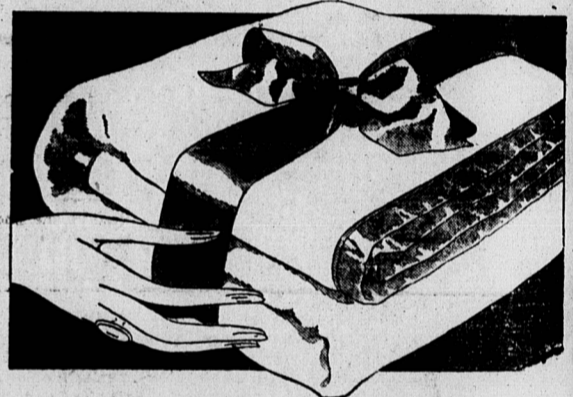
Ready to eat cereals are particularly convenient to have on hand. They permit catering to varied preferences and cause no additional work. Corn, rice and wheat cereals are on the market for ready use.

The most popular breakfast drinks for adults are coffee and tea. The

children usually have milk. A caffeine free coffee can be bought in a non-stimulating hot drink is desired.

The following breakfast menus are well-balanced and suggest a variety of fruits and cereals:

Stewed Prunes or Apricots	Milk or Cream
Cornflakes	Bacon
Bran Muffins	Coffee (or caffeine free coffee) or Milk
Grapefruit Sweetened with Honey	Milk or Cream
Shredded Whole Wheat Biscuits	Milk or Cream
Scrambled Eggs	Coffee (or caffeine free coffee) or Milk
Toast	Canned Peaches
Oatmeal	Milk or Cream
Broiled Ham	Coffee (or caffeine free coffee) or Milk
Hot Rolls	Oranges
Cereal	Milk or Cream
Poached Eggs on Toast	Coffee (or caffeine free coffee) or Milk
Stewed Figs	Milk or Cream
Cornflakes	Bolled Eggs
Graham Toast	Coffee (or caffeine free coffee) or Milk
Berries	Milk or Cream
Wheat Cereal	Cod Fish Cakes
(Ready to eat)	Coffee (or caffeine free coffee) or Milk
Rolls	Oranges and Prunes
Bran Waffles with Bacon	Coffee (or caffeine free coffee) or Milk
Coffee (or caffeine free coffee) or Milk	
In London last year nearly 3,000,000 dog licenses were issued.	
More tourists are visiting Uruguay than for many seasons.	
Three of every five automobiles now in Spain are American made.	



Lux keeps them new-looking more than twice as long!

HOW do you keep them so soft and fluffy?" says the young housewife. For the Lux-washed blankets of experienced housekeepers are not a bit like the ones that come through ordinary washings!

Many soaps, whether flakes, chips or cakes, contain harmful alkali which dries up the delicate wool fibres—makes blankets hard and shrunken.

With pure Lux suds, blankets are washed easily and safely—woolly nap kept downy, lusciously soft—for years!

At the touch of hot water, the tissue-thin Lux diamonds dissolve completely, foam up into rainbow bubbles. Add cold water, then press the lovely lukewarm suds through the blankets—suds and dust are carried away. Rinse in two or three lukewarm waters, then gently squeeze out. Now the blankets are ready to hang in a warm (not hot) place to dry, soft as new.

To keep your blankets like new, always use pure Lux, sold only in the blue box!

If it isn't in the blue box it isn't Lux



Lux Soap Co. Ltd., Toronto.

FILM is Cloudy

Teeth are white and sparkling
Film discolors teeth and then destroys them!
Dentists urge a special way to remove it.

DENTAL science knows what robs teeth of brilliant whiteness. It is film, a constant menace. It clings to teeth and gets into crevices and stays. It absorbs stains from food and smoking to turn white teeth "off color" and cloud their brilliance. Film hardens into tartar. Germs breed on it, and they, plus tartar, are the chief cause of pyorrhea. To remove film, dentists prescribe the special film-removing dentifrice called Pepsodent. Try it today. In a few days teeth grow whiter and begin to sparkle. Start today. Get Pepsodent at any drug counter, or write for free 10-day supply to The Pepsodent Co., 191 George St., Toronto 2, Ont., Can.



Made in Canada
Pepsodent
The Special Film-Removing Dentifrice