

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



During the sun bath rub the skin with cocoa butter

YOUR BEAUTY IN SUMMER

Acquiring a Coat of Tan

'How may I acquire a coat of tan?' As a beauty expert I have always found this beauty question prominent among my readers' early summer beauty problems.

This business of acquiring a natural coat of heavy tan is one indeed which requires skill and finesse. For who hasn't worked for a beautiful healthy tan and been rewarded with nothing but a painful burn or an unsightly redness, with constant peeling and scaling of the skin?

able sun lamps and sun machines of various kinds have proved marvellous in their benefits. These should be used however, under medical direction, for again it may be emphasized that it is very easy to overdo a good thing.

It is well that a coat of tan is considered quite the thing for this season, for surely there is no better way for a lady to build up her health than by taking advantage of the health-giving rays of the sun.

LIGHT COMPLEXIONS

The following will be found an admirable cooling application for the skin after returning from an outing in the sun: Ten drops simple tincture of benzoin; one ounce Cologne water; two ounces milk of almonds; eight ounces of rosewater. Shake well. Apply with a clean piece of absorbent cotton and allow it to dry on the skin.

One of the great annoyances of having a light complexion is that if you are fond of outdoor sports you are sure to get a painful sunburn. One or two good doses of sunburn will spoil half the pleasure of a summer.

To prevent a painful case of sunburn the skin should be protected and the face shaded as much as possible by a broad-brimmed hat or a sunshade.

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While milady is enjoying such summer sports as golf or tennis, she is usually more comfortable if her eyes and face are shaded. A sunshade hat which is light in weight and well ventilated is a good thing to wear.

As people are beginning to realize more and more the health-giving power of the sun's rays, means of securing these rays from artificial sources have also become very popular.

Children Cry for Fletcher's CASTORIA A BABY REMEDY APPROVED BY DOCTORS FOR COLIC, CONSTIPATION, DIARRHEA

In the County of London, in England, women voters outnumber the men by 500,000.

Dorothy Dix Letter Box

Shall a Girl Marry for Love or Financial Security? — How to Treat the Boys—To Be Happy, Must a Wife Be Younger Than Husband?

Dear Miss Dix—I am a girl earning my own living. I have a hard time making both ends meet, but I feel that I could spend the balance of my life trying to make the ends meet if I could only have the man I love, but my father and mother insist that I should marry a rich man and let such things as love and companionship go by.

I have two suitors, one with an assured future who can give me anything I ask. The other man is the one I love. He makes an excellent salary for a young man, but life will be forever after living within the limits of a salary.

You may think it foolish for me to let my family influence me, but they nag me from morning until night, and if I defy them and marry the man I love and something terrible should happen their "I told you so" would be a bitter pill to swallow. I realize that position and safety mean something, but does it outweigh love? C. K.

Answer:

No. No. A thousand times no. Love is the greatest thing in the world. It is the ONLY thing that should influence you in selecting your mate, and when it is a choice between position and safety and love, choose love every time.

If you marry a man you do not love, and especially if you marry one man while you love another, nothing that your husband can give you, even though he was as rich as Henry Ford, would give you a moment's pleasure, because money would not buy the one thing your heart craved.

Suppose he could give you a palace to live in. It would be no home because there was no love in it. Suppose he took you to travel in far places. You could not go far enough away to leave your memory of another man's kisses. Suppose he lavished jewels and fine clothes upon you. How little you could care for them if they did not make you beautiful for the eyes of the man you loved.

But if you marry the man you love you can make happiness out of nothing. The simplest meal is a banquet if it is eaten by kissing lips. The humblest home becomes a paradise if it is inhabited by lovers. They need no other society, no other amusement if they can just be together, and living on a limited income and counting the pennies is not a hardship, it is a gay adventure.

The material things you can always get. Houses and clothes and automobiles will always be for sale over the counter, and five, ten, twenty years from now you can buy them if you have the price, but love belongs to youth, and if you pass it by now it is gone from you forever.

A little money is necessary to finance marriage and make a success of it. Enough to provide a decent shelter and simple food and clothes, but that is all that any young couple needs to marry on. I would not advise a girl to marry a man who did not have a good job and who had not shown that he had energy and industry and the ability to get along, not only because a man should be able to provide for his family but because no woman can respect her husband if he is a lazy loafer or just shiftless and incompetent.

Nor do I like to advise a girl to defy her parents and marry the man of her choice instead of the husband they have picked out for her, but when they oppose her marrying a fine young man who has already proved his ability to make a living and urge her to marry a man just because he is rich, they are clearly in the wrong and she should not be the victim of their cupidity.

There is something very pathetic, as well as cruel, in the way fathers and mothers often badger girls into giving up the men they love in order to marry men who are better off. The parents are poor. They have had a hard life of struggle and self-denial. Their own romance has been dead so long that not a memory of it survives, and so they think they are doing their daughter a kindness when they try to make her marry a man who can give her ease and comfort. Love, they argue, lasts but for a little while anyway. Romance soon wears out, but comfort and luxury are things that endure.

But in this they are often mistaken. Time and again we have all seen some pretty, fresh, young girl nagged by her parents into giving up her poor young lover and handed over to some rich man twice her age, and then we have seen the rich man lose his money and the poor young man go on to fortune.

So parents' pick of a husband is not always a wise one, even from the financial point of view, and in this country of opportunity a girl is safe in gambling her life on the future of the fine, clean, young chap she loves and who loves her, even if his salary isn't much more than a shoemaker's.

You, not your parents, have to live with the man you marry, C. K. So pick out your own husband and marry him and be happy, even if you do have to spend a few years trying to make the ends meet. DOROTHY DIX.

Dear Dorothy Dix—When I am with some fellows and I pet and neck with them they call me a flop and don't date me again. Then I think maybe with girls who do not pet and neck. So the next time I go out with a fellow I won't pet and neck, and they call me a flop, too. Now, just how should I act? I am crazy about a fellow and I want him to like me real well, but I am afraid to go out with him because I don't know what to do. I feel that if I kiss him he will think that I kiss all the boys, but if I don't kiss him he will think I am a flat tire and probably I will never see him again. What shall I do? FLAPPER.

Answer:

You will have to vary your technique and change it to suit the individual boy. Not every fish rises to the same sort of bait, you know, and if you desire to be a successful fisher of men you will have to find out what particular tidbit each craves.

Evidently there are a large number of boys of affectionate natures who like cuddly girls who are wholesale kissers and whose lips are free to every Tim, Dick and Harry. On the other hand, there are fastidious men who are disgusted by the methods of the petters and the neckers and who prefer dignified and reserved girls.

It is the difference between the mussed, pawed-over things in the bargain basement and the exclusive article put up in a box and wrapped in tissue paper that you get in a specialty shop. Which one a man prefers is a matter of taste.

But you never find any one line that makes a hit with all men, my dear, because every man has a different mind about what he considers attractive to a girl. Some men like chatterboxes. Other men like quiet girls. Some men like girls who are out-ups. Other men flee from them. Some men like loud, boisterous girls. Other men loathe them. Some men like girls who haven't a grain of sense in their heads. Other men like highbrows.

And so it goes. And so the only tip I can give you is to study your man and adapt your line to him. But don't you think boys would respect



Jeanette Loff, charming Pathé star, says: "No matter what climate my pictures take me to, or how hard the water, I have found that Lux Toilet Soap keeps my skin enviably smooth."

"I am utterly enthusiastic about Lux Toilet Soap," says pretty Mary Nolan, Universal star. "Even the most expensive French soaps have not kept my skin so beautifully smooth."

REALLY exquisite skin does win hearts—Hollywood knows how surely it wins them!

"If a girl wants popularity she must have a lovely smooth skin," says William K. Howard, Pathé director. "Without rare beauty of skin a screen star can never hope to win her public, no matter what else she may have."

Nine out of ten screen stars use Lux Toilet Soap. You have only to look at Jeannette Loff's skin, or Mary Nolan's, or

Nancy Carroll's, to see how exquisite this delicately fragrant white soap keeps the skin. Small wonder that every one of the great film studios has made Lux Toilet Soap the official soap in all dressing rooms! You'll love it yourself — its generous lather is so caressing, and leaves your skin so velvety. Use it in your bath, too—and for the shampoo, as the screen stars do.

LUX Toilet Soap

Lever Brothers Limited, Toronto.

Luxury such as you have found only in French soaps at 50c and \$1.00 the cake—now

10¢

you more if you didn't neck and pet but were just a nice, sweet, ladylike girl? DOROTHY DIX.

Dear Miss Dix—What chance for a happy married life should a woman in her 30s expect if she married a man eight years her junior? Would a woman so many years older be able to give the man the companionship he would need for proper development? The woman seems younger physically than her age and the man older mentally than his or, rather, he is of a very serious turn of mind. A READER.

No reason in the world why such a couple should not marry. The difference in calendar age is no bar to their union in this case because the woman is young for her age and the man old for his. Besides, an older woman is often a far more stimulating and helpful companion to a man than a younger one.

When we are very young age counts for a great deal, but when we are older the amounts to very little. A boy of 19 or 20, for instance, should not marry a woman eight years older than himself because he is unformed and does not know what he wants in a wife, but a man of 28 is mature, his tastes are settled and he is safe in marrying a woman eight years older than himself if he so desires. DOROTHY DIX.

Milady Beautiful

By Lois Leach



KEEPING FIT

Every one these days seems to be looking for short cuts and quick results. Girls write to me asking how they make their short tresses grow out in a few weeks. Others want to know how to gain or lose weight immediately and how to develop or reduce certain parts of the body by a particular date.

The main reason why beauty problems oftentimes respond slowly to treatment is, I believe, because they are usually due to more than one cause. Besides their more or less obvious cause (such as mistaken cleansing methods or wrong choice of food or sedentary habits) there is often an underlying factor, namely, a general lack of physical fitness. The skin and hair may be receiving the very best external care, but if the health is not up to par improvement will be slow and uncertain. One of the things that contributes

tion by stimulation of the nerves. Here are some special exercises for those whose beauty problems grow out of constipation. They are given in detail with several others in Lillian Drew's useful book on "Individual Gymnastics."

First. Lie on your back. Clasp hands on abdomen. Draw up the right leg to the chest, causing pressure on the abdomen. Straighten right leg and draw up left. Repeat alternately ten times.

Second. Sit on a chair with feet on a footstool that is placed about eighteen inches in front of the chair. Clasp hands over abdomen and bend forward as far as you can, making pressure on abdomen.

Third. Sit erect on chair, hands on hips. Twist the trunk to the right, then to the left. Bend alternately from right to left. Execute a circling movement with the trunk.

Tomorrow — Beauty Questions Answered.

A Morning Smile

LETTING IT OUT

"Did the postman leave any letters, Mary?" the mistress asked on returning from a visit.

"Nothing but a postcard, ma'am." "Whom is it from, Mary?" "And do you think I'd read it, ma'am?" asked the girl with an injured air.

"Perhaps not. But any one who sends me a message on a postcard is either stupid or impertinent." "You'll excuse me, ma'am," returned the girl loftily, "but that's a nice way to be talking about your own mother!"

Household Hints

By Roberts Lee

Plants

To get the best out of plants they should be cultivated frequently. Keep an old fork near the plants and use it to loosen the earth. This gives the roots a chance to force their way through the earth, and also furnishes air.

Skirt Bands

When skirt bands stretch and roll over at the top, sew a piece of elastic, one half inch in width, along the top.

Odors

Anything with an odor should be placed at the top of the icebox. This is because odors have a tendency to rise, and if such dishes are placed on the lower shelves the odor is liable to permeate the other foods.

Etiquette

By Roberts Lee

Q. When attending a church wedding is it courteous to leave the church before the members of the immediate families leave?

A. Never. The members of the families should be allowed to leave first.

Q. Is it ever proper to make a social call in the morning?

A. In the city, only a very intimate friend has this privilege.

Q. Should the dinner table be square or round?

A. Either is correct.

Christie's

Christie's Arrowroot Biscuits, rolled fine and mixed with hot water or milk and a little sugar, are recommended by doctors as an ideal baby food—pure and nourishing.



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