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Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Pale Finger Nails; Calories Dear Miss Leeds—(1) My finger nails are very pale. How can I remedy this? (2) I am 20 years old, 5 feet 5 1/2 inches tall and weigh 132 pounds. I would like to weigh about 140 pounds. (3) I have a fair skin green eyes and dark brown hair. What colors may I wear? (4) How many calories are there in my meals? (Items are listed in answer.) MARY F.

Answer—(1) Stimulate the circulation in the nail bed by polishing your nails on the palm of your hand or on a buffer. You may use a pink nail paste or powder, or use the liquid polish if you wish to give an artificial gloss to your nails. (2) Your present weight is correct. (3) You may wear any pretty colors, including dark and medium blues and greens, bright red, rust, pinks, orchid gray, yellow, orange, cream and black, browns and tans. (4) Breakfast: 1 orange; 100 calories; average peach, 50; average pear (6 ounces), 90; 1/2 cantaloupe, 100 average egg (poached or boiled), 80; 1 slice dry toast, 100; 1 1/2 glasses whole milk 240. Lunch: ginger ale, practically none; 2 ounces lean round beefsteak, 100; 2 medium white potatoes, 200; a helping of watery vegetables, 20 to 50; 1-6 pie without top crust, 250 to 300; 1-6 pie with top and bottom crust, 350; 1 ounce average cake 100. LOIS LEEDS.

Makeup for Oily Skin Dear Miss Leeds—(1) I have a very oily skin. What kind of powder should I use? (2) I am 15 years old, 5 feet 2 1/2 inches tall and weigh between 115 and 118 pounds. Am I overweight? (3) What is meant by "pleasingly plump"? (4) Does drinking water make a person fat? (5) I have a few freckles on my nose. How can I get rid of them? A READER.

Answer—(1) Wipe your face off with an astringent lotion before applying your powder base and powder. Witch hazel may be used for this purpose. Use a fine, dry type of powder, and not the heavy cold cream powder. I do not recommend any proprietary products to my readers so that I cannot help you select any particular brand. (2) Your weight is good. (3) The "pleasingly plump" girl has a well-rounded figure but is not fat. She is well proportioned, whereas the really fat girl is too large at certain places, as at hips, calves or bust. The plump girls may be a few pounds over the average weight for her age and height, as you are, but she is not too stout. (4) No. (5) There are a number of commercial freckle bleaches that you may use. A simple bleach that you may make at home is composed of 1 ounce glycerin, 1 ounce rose water and two drops tincture of benzoin. Pat this on the freckles several times a day. LOIS LEEDS.

Rough Skin on the legs Dear Miss Leeds—(1) The skin on my legs is very rough and gets quite red sometimes. How can I cure this? (2) I am 20 years old, 5 feet 6 inches tall and weigh 130 pounds. I would like to reduce to 124 which I think is my normal weight. (3) My legs are quite fat and exercise does not seem to help any. Would you advise me to buy a pair of reducing stockings? MARJORIE R.

Answer—(1) Scrub the skin every night with plenty of warm water and soap, rinse well, dry and pat on some of the following lotion: 1 tablespoonfuls lemon juice, 4 tablespoonfuls glycerin and 4 drops of ammonia. Massage this into the skin and leave it on over night. If the skin seems to become dry, massage it with olive oil or cold cream once a week or oftener. (2) Your correct weight is 130 pounds. (3) The stockings would do you no good. Unless your calf is more than 14 inches around I would not worry about reducing it. If it is 14 1/2 inches or more it may be reduced by regular exercise. Vigorous kicking will help, but it must be done regularly, day after day, to bring results. LOIS LEEDS.

Exercises for Developing Trim Figure Exercise for beauty and many problems, such as full hair, yellow complexion, etc., will be automatically cleared up. LOIS LEEDS Care of GUARDIAN will tell you how to keep in perfect condition if you will send a self-addressed, stamped envelope for this leaflet.

AERIAL BUSES OVER MT. BLANC Bird's-eye views of famous Mount Blanc in France may now be had from one of the new aerial buses that are making scheduled sightseeing trips from Chamonix, from which most of the ascents on foot have been started. The hour-and-a-half flight, circling the 15,780 foot pinnacle of the mountain costs about \$20.

Celebrate 50th Anniversary

Seldom have the people of Stanley Bridge and surrounding districts been called upon to celebrate such a unique and joyful event as that which took place on Nov. 29th, when over seventy invited guests met at the home of Mr. and Mrs. Thomas Hiscott to partake in celebrating the fiftieth anniversary of their wedding day. The night was all that could be desired and every one enjoyed the evening. There did not appear to be a dull moment, which goes to show, that it does not always require youth to produce merriment. Although among the guests there were quite a few of the younger folk, yet, it was the older people who were the centre of attraction, the fifty year bride and groom keeping the guests in laughter by their witty remarks and to watch them helping with the evening's entertainment, one could hardly realize that fifty years of married life had passed but such is the case, and many days of sorrow they have endured. Yet through it all they have reaped the golden harvest with youthful faces and forms erect.

The first part of the evening was chiefly devoted to the serving and partaking of supper where nothing was omitted in making it a real feast. The tables were laden with all kinds of good things including the bride and groom cake, and were presided over by daughter and son-in-law, the brides and groom assisted by Mrs. Earl Henry. Following the supper came the reading of the address and presentations. Standing in the centre, surrounded by their family, the esteemed father and mother received an address and presentation from their children. Albert Hiscott reading the address and the eldest son James Hiscott, making the presentation. Immediately following an address on behalf their friends was read by Dr. F. M. Fyfe, Mr. Hiscott in a few heart felt words thanked their kind friends for their remembrance of Mrs. Hiscott and himself, and spoke of the kindness shown them by the people of Stanley Bridge. Arriving here forty years ago they met with persons of kindred views and extended through the long years.

After congratulations were received, and speeches made by their old friends, the groom was bidden to join in singing, "For they are joy good fellows." By special request of the bride an old time song was sung in Gaelic by Mr. D. Wallace MacKay and Messrs. MacLeod and Nicholson and was much appreciated by all present. Selections on the organ auto harp and violin were also rendered, and the singing of an old hymn by the aged couple was much enjoyed and not to be forgotten for years by those present. After many wishes that the esteemed couple might see many more anniversaries of their wedded life, the eventful evening came to a close, but not before the visit of a band of serenadeurs, who offered congratulations and joined singing "Auld Lang Syne".

The following are the addresses:—Dear Father and Mother—On this the fiftieth anniversary of your wedding day. We your children have gathered here to express our joy and thankfulness that you have been spared to celebrate this happy event which so few are privileged to enjoy.

We realize that your long life has not been all sunshine, but we rejoice that through all trials and worries for our good you have endured patiently, and it is our sincere wish that remaining years of your life may be richly blessed and that we may all be spared to celebrate your diamond anniversary. Please accept this piece of gold as a token of our love and esteem. From your children.

To Mr. and Mrs. Thomas Hiscott—Golden wedding rare: Fifty years of continual connubial bliss seldom permitted to the inhabitants of this Planet, and when the new-wedded wife, before the vanities of your esteemed partner had the good fortune to have lived fifty years as husband and wife, your friends of Stanley Bridge could not allow the occasion to pass without special notice. Not long after your marriage you came amongst us, stranger from that stern Island of the North Newfoundland, descendants of good old English stock, you have exhibited the characteristic features of your forefathers, and never give up has been your watchword. Your first procession here was a boat and with a thorough knowledge of navigation learned in hard school. (The British Merchant Marine) you were able to wrestle a comfortable living, from the turbulent sea and brought up your family in comfort, and taught them to be God fearing men and women. So that is why we are here.

There was a 32.7 per cent increase tonight, to congratulate you on the good fight you have fought together, and to wish that you may have many more happy years together to soothe one another's troubles in your declining years. We wish you to accept this gift not for its intrinsic value, but as a token of our respect. Signed Your Neighbors and Friends of Stanley Bridge and Vicinity

News of The National System

Sir Henry W. Thornton, President of the Canadian National Railways and Canadian National Steamships, on his recent visit to New Brunswick, enjoyed a day's hunting in the vicinity of the headwaters of the Miramichi River, where he brought down a buck deer with ten point antlers.

Over fourteen million dollars will be the value of New Brunswick's root and fodder crops for 1928, according to the report of the Dominion Bureau of Statistics—a very substantial gain over 1927, of more than one million dollars.

A programme of port development involving the expenditure of \$4,000,000 was outlined by Peter R. Jack, Chairman of the Halifax Harbor Commission, when responding to the toast to Halifax Harbor at a dinner given by Sir Henry Thornton, on board the R. M. S. "Lady Nelson" at Halifax last week.

This programme involves extension of the quay wall, which will provide warehousing for an additional pier at the wall; the construction of another large pier south of those now in use at the Ocean Terminals the foundations for which pier were laid when the great terminal development was on previous to and during the war. It also includes increased accommodation for the storage of grain. It was an announcement that opened the eyes of Halifax to a greater extent than ever as to what is taking place in the development of that port.

The proposal to have a New Brunswick exhibit at the 1929 New England Sportsmen's Show, January 16th to 26th, has the endorsement of the New Brunswick Guides' Association, the New Brunswick Tourist Association, the transportation companies, the hotelmen's organization, boards of trade and municipal organizations interested in the promotion of tourists and sportsmen's travel to New Brunswick. The proposal was endorsed by F. W. Robertson, General Passenger Agent, Canadian National Railways, Moncton, who promised the utmost co-operation on the part of the National System.

Up to the first of November the cars loaded in the Atlantic Region of the Canadian National Railways amounted to 207,000, as compared with 191,000 for the same period of last year, an increase of 6,000 cars in that period. There were 352,000 quarts of blueberries shipped from one section of Nova Scotia to the United States last season.

The success which has attended the new Isle Royale Hotel at Sydney since its opening on the 15th of May last, is so striking that there should be an object lesson in it to every hotel proprietor throughout the entire Maritime Provinces. The fact is that wherever there is a hotel, small or large, in the Province of Nova Scotia that is run properly, where service is given to the best of the facilities that the place affords, and those facilities are such as to meet the moderate demands of the public, those hotels are paying propositions. Any hotel today that does not pay, one is quite safe in assuming that hotel is not attempting to give service to the public.

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News of The National System

The Financial Times of Montreal, in its issue of November 23rd, in telling of the arrival of the R.M.S. "Lady Nelson" of the Canadian National Steamships at Saint John, contains the following: "She made a striking sight as she steamed up the harbor, whilst sirens blew and escorting tugs followed laden with local civic officials, for the "Lady Nelson" is a shining marine beauty, all in white from the tip of her rakish bow to her stern, and presents at once a picture of nautical efficiency and smartness."

In spite of repeated warnings many Western Canada motorists have apparently failed to appreciate that an automobile weighing about one ton cannot successfully do battle with a railway train weighing about 1,500 tons. Statistics compiled by the Canadian National Railways for the first ten months of 1928 bring to light the distressing and alarming fact that during that period twenty-four people lost their lives and sixty-four people were more or less seriously injured in collisions between automobiles and trains of the System in Western Canada. In addition there were ninety-three other accidents in which no one was injured. The deaths and injuries occurred in 47 accidents.

It is now expected that there will be 150 British families settled on New Brunswick farms in 1929. There were over one hundred such families, numbering 651 persons, settled last year. This is done through the medium of the scheme that the Provincial Government of New Brunswick worked out in cooperation with the Federal and Imperial Governments, a scheme which is said to be the only real Provincial Immigration scheme in operation in Canada.

Steel on the Hudson's Bay Railway has now reached mile 456, or exactly one hundred miles north of the point from where work on the branching off of the road towards Churchill began last Spring, according to word received today by H. A. Dixon, Chief Engineer of the Canadian National Railways. This leaves only 54 miles of steel to be laid before Churchill is reached.

The gross earnings of the Canadian National Railways for the ten days period ending October 31st, 1928, were \$9,989,365, as compared with \$8,509,087 for the corresponding period of 1927, an increase of \$1,480,278 or seventeen per cent.

Rapid bus line services are to be established over Japan's new highways. More than 700 motion picture directors now live in Berlin, Germany. Genoa, Italy, has just opened the largest dry docks on the Mediterranean.

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You would like an Electrical Christmas Gift Why not give one? YOU can't please all the people all the time, but you can please them all at waffle time. An Electric Waffle Iron makes delicious golden brown waffles right at the table without smoke or odor. One given this Christmas will be used and appreciated for many years to come. There are also many other suitable appliance gifts. See them on display at our office. Maritime Electric Co. Ltd. of the Associated System Charlottetown, P. E. I.

ECZEMA IN ITCHY PIMPLES

Affected Nearly All of Body. Cuticura Heals.

"Eczema broke out in pimples and affected most all my body. The pimples were not very large but were red and hard. Some of them festered and then scabbed off. The pimples were so itchy and burned so much that I used to walk up in the night and scratch them. My clothing aggravated the breaking out very much. I began using Cuticura Soap and Ointment and in four weeks I was completely healed, after using two boxes of Cuticura Soap and two boxes of Cuticura Ointment." (Signed) Fredrick A. Zink, Robinson's Corner, N. S. Cuticura Soap, Ointment and Talcum are ideal for daily toilet uses. Sample Each Free by Mail. Address: Cuticura Dept., P.O. Box 1024, Portland, Me. Cuticura Shaving Stick 50c.