

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

BEAUTY ARTS By LOIS LEEDS



GOOD HEALTH ESSENTIAL TO CHARM

The importance of correct posture, mental poise, cleanliness, of being interested in others, as well as having a hobby of one's own are easily recognized as elements of charm.

Health Is Basic

And isn't it true that all the other attributes of charm are really dependant upon good health? The woman who is not physically fit finds it difficult to maintain correct posture.

Naturally, it would be very unfair to say that those in poor health cannot be charming, as it must not be forgotten that some of the most charming and sweet individuals in the world are those who have been denied strong bodies, but who seem to have beautiful, healthy minds and have developed sweet dispositions.

cluding radiant health. For many normal people who would be charming seem to just miss being so because they lack vibrant health.

Lack of Pep

There are many who are not ill who still have not the radiant health that is rightfully theirs. They haven't the joy of waking up in the morning feeling fully refreshed and eager for another day of work and pleasure.

So in this quest for charm by all means check up on the general health first of all and then it will be much easier to acquire all the other essentials. Of course, if there seems to be something radically wrong, the best thing to do is to consult a physician immediately.



It is not always wise to be satisfied

MANY of us miss the good things in life simply because we are satisfied with what we have. There are lots of folks who have never learned the merits of King Cole Tea because they are satisfied with the tea they are drinking.

It is not the part of wisdom to be satisfied with something good if you can get something better.

KING COLE and TEA KING COLE ORANGE PEKOE

You'll like King Cole Coffee, too.

feels below par she will learn, the reason why and be able to build herself up before it is too late.

But remember that the physicians cannot do it all. Every woman who wishes to retain the health and beauty which is so necessary to charm and well being must conscientiously obey certain health rules. Her daily diet must be wisely chosen. Insist on eating fruit and at least two nonstarchy vegetables daily; it is a good plan to have one of them raw.

It is so easy for the busy woman to neglect her daily exercise and her daily walk out of doors, but she cannot hope to retain supple muscles and a radiant complexion unless she will devote ten to twenty minutes every night and morning to regular daily exercise and spend some part of the day out of doors in the fresh air and sunshine.

Plenty of sleep is essential to health and beauty. Eight to nine hours of restful slumber every night are necessary for particularly every woman and if this can be supplemented by a ten to twenty minute rest period during the day it will be even better.

Another simple but important health rule is to drink plenty of water. Six to eight glasses taken every day between meals is not too much, and more may be taken to advantage in many cases.

As has been said before, charm is elusive and it is often most difficult to say just why one person has it and another has not. But the woman who has it will have gone a long way toward acquiring all the other attributes of the coveted gift, personal magnetism.



Do not neglect daily exercise

Etiquette By Roberta Lee

Q. After taking friends to the theater, is it necessary to take them to dinner?

A. No.

Q. What is a big help to a hostess who is serving without a maid?

A. A tea wagon, as this can be placed near her and can hold the extra cups, silver, and anything else which would be in the way on the table.

Q. Is it permissible for a woman to travel alone in Europe?

A. Yes, as much so as in the United States.

Marriage for Love or Convenience? Dorothy Dix Says Only Love Makes Marriage Worth While

Can the Human Heart be Satisfied With the Marriage of Convenience, Where Respect and Congeniality are Substituted for the Self-Abnegating Love That Makes Duty a Pleasure?

Shall a girl use her head or her heart in choosing her husband? Shall she marry for love, or an establishment? Does the love match or the marriage of convenience bring a woman most happiness?

These are questions that I am continually asked by girls and, being incurably sentimental myself, I invariably answer:

Marry for love. Perhaps your heart may betray you. Perhaps your Prince Charming will lose his allure for you when once the cloak of romance has dropped from his shoulders. Perhaps your great lover will make a grouchy, dumb husband. Perhaps he will even be unfaithful to you.

Nevertheless, marry for love, for you will have had something of which life cannot rob you. You will have had your great hour.

You will have known the rapture and the glory and the circling wings. Better fifty years of Europe than a cycle of Cathay. Better to have feasted royally once, even if the cakes and ale proved indigestible, than to go through life on a skimmed-milk diet, without flavor or taste, because it is good for the stomach and affords enough nourishment to keep one alive.

My views, however, are flatly contradicted by that of a famous woman writer who, in a recent magazine article, urges women to marry for convenience and not for love.

"Love is unimportant," she says. "Food is important. Shelter is important. Children are important. Order and a sense of security are important, but not love. I married for love and wasted the best years of my life in trying to make my marriage a success. I married again for convenience and I have been rewarded with all the joys of life.

"In my first marriage I loved and my husband betrayed my love. In this second marriage of convenience I do not expect adoration. I do not expect romantic love and for the first time I am able to look at the world with eyes that are not harried with suffering. I am valued for what I am, a wife, a mother, the partner of a man respected in the community. Now I know that where there is a genuine respect, a mutuality of interest and purpose, as there is between us and children, marriage is bound to last."

Undoubtedly, where a man and woman enter into marriage as they would into a business transaction, it is much more likely to endure than it is when it is contracted on a purely emotional basis. That is amply proved by the fact that America, in which practically every match is a love match, leads the world in the number of its divorces, while in Continental Europe, where parents mostly select their children's wives and husbands, and marriages are arranged on the grounds of suitability and to promote financial or social interests, divorces are comparatively rare.

There are many reasons why the marriage of convenience should have a better chance of lasting than the marriage of love. The first is, of course, that when you look at a man or woman with hard-boiled eyes instead of love-blinded ones you are probably a better picker of what you really need in a mate. Secondly, the conventional marriage has not the emotional stress that the love match has, nor do those who enter into it demand so much of those to whom they are married. And, thirdly, it is a guard and a shield to one's heart, because those we do not love cannot tear our hearts to tatters. They can only annoy us.

The woman who has married a man for what he can give her is satisfied with her house, her car, her fine clothes, her position in society, and she has no idea of throwing up her soft job. If she has married a man whom she merely respects, she neither expects nor desires him to be an ardent lover, and she doesn't badger him about a thousand things that the devoted wife nags her husband about, such as keeping his feet dry and watching out for automobiles and coming home on time.

Nor does the man who has married a girl because she had money, or her father had a pull that would advance his interests, or because she was a good domestic girl and he wanted to settle down, torture himself with jealousy over every man who comes about her. All he asks is not to be bothered and to be made comfortable.

Undoubtedly, a marriage of reason, in which a man and woman who have congenial tastes and mutual interests pool their assets because they believe they can make a bigger success of life together than apart, may be made a very placid and stable arrangement, but it can only be made a success if both husband and wife shut their eyes to the shadowy romance that hovers in the background.

For the human heart, especially when it is young and hungry, must have something to feed upon besides the dry husks of respect and friendship. It must have something warm, vital; something that has life and death in it, and if it does not find this at home it will seek it elsewhere.

No marriage is easy. Every marriage calls for self-abnegation, for sacrifice, for patience, for endurance, for the putting of another's pleasure and happiness before one's own, and it is so easy to do this for one we love and so hard to do it as a matter of duty.

It takes love to make toil a pleasure; to make heavy burdens light; to make sacrifice sweet; to make even a beloved one's faults and peculiarities dear and precious because they are his or hers. It takes love to endure all things, hope all things and forgive all things.

And so I say marry for love. It is the only thing that makes it worth while. With love marriage becomes a heaven on earth. Without it, it is cinders, ashes and dust. DOROTHY DIX.

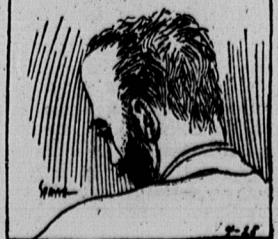
A Morning Smile

Military Commander — "Forward, march! Company, halt! Forward march! Squads left! Squads right! On the left into the line! By the right flank! Halt! Rest! Attention!" Irish Recruit—"Bedad, if I'll work for a man who changes his mind so often.

Baby's Colds Best treated without dosing—Just rub on VICKS VAPORUB FOR COLDS OF ALL KINDS

Character Close-Ups

A BROW LIKE THIS IS FULL OF MENTAL MUSCLES THAT GET A LOT OF EXERCISE



Can't sleep? Nonsense, try OVALTINE! TO enjoy sound, refreshing, natural sleep, drink a cup of delicious Ovaltine before retiring. It will soothe your nerves, allay digestive unrest, and bring you sound tranquil sleep. While you sleep, the concentrated nourishment in Ovaltine will build up your system with new stores of energy and vitality. You'll waken rested in every nerve and tissue, understanding why Ovaltine is called "the world's best night-cap."

WHO ARE YOU? The Romance of Your Name By RUBY HASKINS ELLIS

This name is of Welsh origin and was spelled Watkin, or Gwatkin. It is an interesting fact that most Welsh names were compounded to denote relationship to their forebears. "Ap" meant "son of" and "kins" denoted collateral relationship. Consequently, Apowell meant "son of Powell," and Watkins "the kin of Watt." This is seen in many like names, such as Judkins, Atkins, Parkins and others. Two families of Watkins from the beginning of the reign of Henry VII to the end of the seventeenth century were settled in Llanigon, Wales. They later moved to Hay. The first mention of any individual of this name is in 1550, when Thomas Watkins was master of Stephouse, the ancestral home, which had been in the possession of the family for 200 years or more. After him came William Watkins, Thomas Watkins and Lewis Watkins. Lewis was a bailiff of Brecon in 1655. William is mentioned as a parliamentary officer in 1651 in the forces that opposed Charles I. Among the early immigrants to Virginia was James Watkins, who came in 1607 or 1608. He was a companion to Captain John Smith in many of his perilous voyages of discovery in Virginia. Another early settler was Henry Watkins, Quaker, who was born in Wales in 1638 and who settled in Virginia in 1687, dying in 1715-16. This family made their home in Cumberland County, (now Powhatan County). Henry was the great-great-grandfather of the immortal Henry Clay and a direct ancestor of John W. Daniel, late Senator from Virginia. While most of Henry Watkins' descendants remained in the South, one branch now lives near Ardmore, Pa., and another in St. Louis.

Household Hints By Roberta Lee

Curtains Curtains will hang more evenly if the selvage is cut from the goods before hemming, as the selvage is more tightly woven and hangs more firmly than the rest of the fabric. Boiling Liquids Boiling liquids, fruits or jellies may be turned into glass jars without breaking the jars if the bowl of a spoon is pressed on the bottom while filling. White Teeth To whiten the teeth, saturate brush with the juice of a lemon and rub the teeth hard. Do this once a week.

For The Cook LEMON PIE

Bake pastry over an inverted pie plate. Before baking, prick the pastry all over with a fork and set the plate on a tin sheet to keep the edge from contact with the oven. Set the cooked paste inside a clean plate of the same size, pour in a cooked filling, spread with meringue and let bake in a very moderate oven about 20 minutes. For the filling stir 2 1/2 level tablespoons of cornstarch, and 1/2 teaspoon of salt with 2 or 3 tablespoons of cold water to a smooth paste, pour on a cup of boiling water and stir constantly until boiling; let boil about five minutes; add 1 cup of sugar, the juice and grated rind of a large lemon, 1 tablespoon of butter, and the beaten yolks of 3 eggs; stir until the egg is set, then use. For the meringue, beat the whites of 3 eggs very light, and gradually beat in 6 level tablespoons of sugar.

Quick Pile Relief No Salves or Cutting

Pile sufferers can only get quick, safe and lasting relief by removing the cause—bad blood circulation in the lower bowel. Cutting and salves can't do this—an internal remedy must be used. HEM-ROID the prescription of Dr. J. S. Leonard, succeeds, because it removes this blood congestion and strengthens the affected parts. HEM-ROID tablets as sold by druggists everywhere, have such a wonderful record for quick and lasting relief, that — A — always let them with guarantee of money-back if they do not end all Pile suffering.

Amazing! New! Quaker Method makes bread baking easy How to bake delicious bread and rolls easily, quickly, described in attractive free booklet YOU know Quick Quaker Oats—how this wonderful development in cereals cuts many tedious minutes off the cooking of breakfast. Now we want you to know, and to try, an amazing new way of baking... perfected by a master baker. The Quaker New Easy Method of bread baking makes tiresome kneading unnecessary. Does away with "setting the sponge" and gives rolls and bread lighter, more delicious and more appetizing than you've ever tasted. It's fully described and illustrated in a beautiful little booklet—a copy of which we'll be glad to send you free. Just fill in the coupon. Or ask the Quaker Flour dealer for one, next time you visit his store. Be sure to get a bag of Quaker Flour, too. It's the finest you can buy. For satisfactory results use it always when you bake the New Easy Way. Use Quaker Flour for every household purpose. It's dependable... tested at every stage in milling and baked daily in our own kitchens to prove its baking qualities.

THE QUAKER OATS COMPANY, Peterborough, Ontario. I would like to try the Quaker New Easy Method of Bread Baking. Please send me FREE, a copy of your booklet which tells all about this marvelous new method. Name: Street or R.R.: P.O.: Dealer's Name: Prov.:

Quaker Flour Always the Same Always the Best

The Spic-Span Cleans Where Others Can't THERE are hundreds of places in your home that can't be reached by ordinary vacuum cleaners with their clumsy, inefficient attachments. These are the places that the Premier Spic-Span cleans. Spic-Span does all this—and more. It protects materials against moths and eliminates cooking odors. Even the finest housecleaning equipment is a long way from being complete without the Spic-Span. Make yours complete. Phone a Premier dealer for a home demonstration. Premier Spic-Span Authorized Premier Dealer MATTING ELECTRIC COMPANY Charlottetown P.E.I.