

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

Milady Beautiful



REFINING ENLARGED FACIAL PORES

Perhaps the nearly universal beauty blemish is enlarged facial pores. These are most apt to occur in skins of the dry type and unless very definite steps are taken to get rid of them when they present their first appearance, they are difficult blemishes to erase.

Next comes the steaming with hot towels. Wring out a small Turkish towel in hot water and cover the face with it. Before it cools replace it with another, hotter, towel.

After the hot applications apply massage cream and proceed to massage all the facial muscles thoroughly, using the upward and outward rotary strokes and finally the gentle tapping massage over the cheeks, forehead, throat and neck, always going in an upward direction.

Heat about one cupful of witch-hazel until it is quite warm, but not so hot as to burn the skin. Squeeze out two small pads of clean absorbent cotton in the witch-hazel and place them over your closed eyes. Take another piece of absorbent cotton, large enough to cover the rest of your face and moisten it in the witch-hazel.

After the hot applications apply massage cream and proceed to massage all the facial muscles thoroughly, using the upward and outward rotary strokes and finally the gentle tapping massage over the cheeks, forehead, throat and neck, always going in an upward direction.

Tomorrow - Beauty Questions Answered.

"Before My Baby Was Born"

"I was in very poor health before my baby was born and had to lie down two hours every day. The doctor said I would never carry my baby as I was too weak. My mother persuaded me to try Lydia E. Pinkham's Vegetable Compound. It has helped me wonderfully. My baby is not very big but he is strong and healthy. I recommend the Compound to every woman I hear complaining and when I feel weak I take it again myself. Everybody says they never saw me looking better. I will be glad to answer letters if I can help other women to be strong and healthy again."

Lydia E. Pinkham's Vegetable Compound



Coffee that has earned its name

WHEN coffee bears the name "King Cole," you may be sure that it is worthy of its name. You know King Cole Tea. You have faith in it, for its reputation has been earned by long years of consistent excellence.

KING COLE Coffee

with another one and leave it on until it cools.

After twenty minutes or so remove the towel and cotton. Gently blot the skin dry with a soft towel. Rub the face and neck briskly with a piece of ice covered with a clean cloth, and pat on a little of the following skin tonic, which has slightly astringent properties also: One dram boric acid; 4 ounces witch-hazel, 30 grains tincture of quillaia, 10 drops simple tincture of benzoin, 4 drams cologne water, 4 ounces rosewater, 1 ounce glycerin. Shake well. Apply with a piece of absorbent cotton and allow it to dry on the skin. This finishes the treatment if it is given at bedtime.

If, however, it is given during the day and make-up is to be applied afterward, apply a powder base, then a touch of rouge and a light dusting of face powder.

Those who conscientiously give their complexions the above treatment once a week for several months find that the enlarged facial pores gradually become refined. Of course, proper cleansing methods daily in the meantime must not be neglected. Also, internal disturbances such as indigestion and constipation should be corrected by adjustments in diet, etc. Drink plenty of water between meals and include more raw fruits and fresh vegetables in the diet. As the oily skin is usually the one that is most apt to have enlarged facial pores, a night and morning cleansing with soap and water will not be too harsh. After the cleansing apply an astringent lotion or rub the skin with a piece of ice.

Mrs. J. B.—Try the above treatment and I feel sure that after a few weeks you will see a great improvement in your skin, and that the enlarged pores on your chin and nose will be far less noticeable. Remember that you must not neglect the nightly cleansing of the skin. Very often it is carelessness in removing make-up and powder at bedtime which causes enlarged pores and blackheads in the first place.

Tomorrow - Beauty Questions Answered.

Household Hints

Remedy for Burns

One of the best remedies for burns is equal parts of linseed oil and lime water, applied with a soft cloth and then covered with a soft cloth to keep out the air. It is well to keep a bottle of this solution on hand for emergencies.

Sweet Potatoes

Before putting sweet potatoes in the oven grease them with lard they will then peel easily without waste. A tablespoon of sugar added to the water in which sweet potatoes are boiled will improve the flavor.

Toil Calls

Dorothy Dix

Most of Us Get More Real Pleasure Out of the Latter Part of Our Lives Than We Did Out of the Beginning — It Takes Time to Enable Us to Get the Full Flavor Out of Any Pleasure

"My grandchildren," said an elderly woman to me the other day, "pity me because I am old and my life is almost done, and I pity them because they are so young and have so long to live, so many hardships to struggle through, so many anxieties and heartbreaks to bear. We are like the people in Barrie's play, who said: 'Poor souls!' compassionately to each other."

"Often my grandchildren drop in to say good-night to me as they are rushing madly from one place of amusement to another—long drives to far away roadhouses—balls where they will hop about for hours to the discord of blaring jazz bands—restaurants where they will eat badly cooked food in an atmosphere of stale cigarette smoke—noise, tumult, crowds, whispering themselves up into a state of feverish excitement—that is what they are going to. But as they turn away I can see how sorry they are for me to have to spend a dull evening in my quiet room, with no diversion except my books and perhaps an old friend who will drop in."

"And as they depart I overflow with sympathy for them, thinking how bored I would be if I had to spend an evening as they are going to spend theirs, and I return thanks to all my gods that I don't have to dance until my feet ache and I am ready to drop with weariness nor have my ears assailed by cowbells and saxophones and clarinets and that I don't have to either drink synthetic gin or listen to the maudlin conversation of those who have."

"My granddaughters, who are young and pretty and popular, almost weep over me as they think how sad it is for a woman to be so old she is done with romance, when she knows that there is no fairy prince waiting for her around the corner, when no man even turns his head to look as she passes by, when she has no dates, no kisses, not a thrill left to her."

"And as I look at the pretty young things I could shed tears over them, knowing the anxiety they go through wondering if the men they fancy are going to fancy them, thinking of their rosy dreams that will be torn to tatters, of the disillusionments that will come to them, of the heartache and heartbreak that they are bound to know. And I smile to myself as I reflect that no woman ever knows any real peace and happiness until she gets to the place in life where her happiness does not depend upon men and where she has learned either to accept her husband with philosophy or else has to care so little for him that she doesn't care what he does."

Of course, it is natural for the young to think that they have a monopoly on pleasure and that it is only the strenuous things that they like to do that have any enjoyment in them. But I marvel that older people should coincide in this false view of life.

"The older people do believe in this fallacy that youth is the only joy-time of life is abundantly proved by the desperation with which they cling to every shred of youth and by the way they imitate all the sports and amusements of youth. Everywhere you go you behold the pitiful spectacle of world-worn, care-burdened old men and women trying to act like care-free boys and girls. Everywhere you can hear rheumatic old bones creaking in the dance."

"Everywhere you can see bay-windowed old grandpas pursuing flappers and painted-up old women ogling and smirking and smiling and trying to flirt and make themselves fascinating to men as they did fifty years before, and they are doing it because they are trying to keep young, because they think it is only possible to get a kick out of life when you are young."

"They are so completely imbued with this superstition that they have never stopped to realize that our interest in life and our enjoyment of things is not chronological. It doesn't automatically cease when we are 40 or 50 or even 70. It merely changes, and in all good truth most of us get more real enjoyment out of the latter part of our lives than we did out of the beginning. It takes time and education and experience, years of living, to enable us to get the full flavor out of any pleasure."

"Life is like a banquet. The younger gobble it down, content if it satisfies their hunger. It is all one to them whether it is caviar or corned beef. We older ones feast delicately, savoring every flavor, appreciating the subtlety of every sauce, the vintage of every wine, and we get pleasure out of a perfectly balanced meal that no youngster can know. And that is life."

"One time I went around the world in the company of three charming young people. At first I was madly envious of them. I thought how wonderful it was to see strange countries and historic places and queer peoples and customs when one was young and to have one's life so enriched at its very beginning with all this knowledge that would make the places and people that one read about not just mere names, but that would enable one to visualize the very scene where some pageant or catastrophe had occurred or some romance was laid."

"But I had not been long with my young people before I realized that I was getting a hundred times more out of the trip than they were. They were too young. They hadn't read enough. They didn't know enough. They hadn't enough background to appreciate what they were seeing. A city or a river or a mountain was simply a city or a river or a mountain to them, and nothing more. To me it was history, it was tradition, it was romance. It had a thousand associations to me that made it interesting, that they lacked."

"My grandchildren are well educated and we read the same books, but because I have read so much more than they have, and because I have run the gamut of life myself and have known love and birth and death and joy and sorrow, I get something out of a book that they miss."

"And so there we are. Each age has its own pleasures and I mourn that so many of my age have not intelligence enough to know that age has its joys no less keen than youth if they will only take them, instead of trying to steal the pleasures that do not belong to them."

DOROTHY DIX

placed by the telephone long-distance toll calls can be timed.

Coal dust that floats on an English river is being reclaimed in scumming tanks and used for heating purposes.

A Michigan inventor's paper box for shipping clothing hinders garments on hangers that prevents them wrinkling.



C-L-A-R-? Sure! Clark's Tomato Soup!

"JUST as sure as I can knock a ball farther than any kid in this street . . . this is CLARK'S TOMATO SOUP!"

"Some people say it's better to be late than never, but get! when we are having it and Pop, he says very little other than ask if there is any more."

All the goodness of big, red-ripe tomatoes. Nothing taken away—nothing added other than tasteful seasoning. It couldn't be anything but just delicious, wholesome soup. Your whole family will enjoy it!

CLARK'S SOUPS

Made in Canada

W. CLARK, BRILL, Establishments at MONTREAL, P.Q., ST. REMI, P.Q., and HARROW, ONT.

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



A new trotter type that shows smart waistline. Its captivating in black silk crepe, with vestee with Peter Pan collar of silk crepe in Lake Blue. Cuffs of fitted sleeves are of the blue crepe.

with white silk crepe contrasting. Bottle green faille silk crepe with eggshell shade is most charming and flattering new combination.

Printed transparent velvet in rust brown coloring with contrasting of canton crepe in harmonizing shade is youthful idea for general afternoon occasions.

Mid-night blue wool crepe with white crepe de chine is smart all-day type that can be worn for shopping, luncheon, office or classroom.

An especially lovely choice is feather weight tweed in Spanish red with blending tone in faille silk crepe contrast.

Covert cloth in plum shade with matching shade silk crepe is sportive.

Crepe marocain, printed Rayon crepe, printed wool challis in tiny checked pattern and canton crepe appropriate.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. Our Fashion Magazine is 15 cents but you may order a pattern and a Fashion

Magnesia Best For Your Indigestion

Most people who suffer, either occasionally or chronically from gas, sourness and indigestion, have now discontinued disagreeable diets, patent foods and the use of harmful drugs, stomach tonics, medicines and artificial digestants and instead, following the advice so often given in these columns, take a teaspoonful or four tablets of Bisurated Magnesia in a little water after meals with the result that their stomach no longer troubles them, they are able to eat as they please and they enjoy much better health. Those who use Bisurated Magnesia never dread the approach of meal time because they know this wonderful anti-acid and food corrective, which can be obtained from any good drug store, will instantly neutralize the stomach acidity, sweeten the stomach, prevent food fermentation, and make digestion easy. Try this plan yourself but be certain to get Bisurated Magnesia, especially prepared for stomach use.

For The Cook

DATE BARS

One cup sugar, three egg yolks, one cup flour, one teaspoon baking powder, one-quarter teaspoon salt, one pound dates cut fine, one cup walnuts, three egg whites folded in last.

Beat the egg yolks, then add sugar then flour, baking powder and salt which have first been sifted together. Add chopped dates and nuts, and lastly, the stiffly beaten whites.

Spread on a buttered shallow pan and bake in a moderate oven (300 d. F.) Cut in bars, two inches long an inch wide, and roll well in powdered sugar.

Etiquette

By Roberta Lee

Q. Should a girl's fiancé ever announce the engagement?

A. No.

Q. When a lady is guest of the home in the evening, should the host escort her home?

A. Yes, unless a car comes for her. Then he assists her down the steps, opens the door of the car and if a taxi, gives the chauffeur directions.

Q. Does the informality of "open house" give outsiders an opportunity to enter a desired social group?

A. Sometimes it is considered an opportunity, but no one of good taste would intrude.

A Morning Smile

The little girl was crying bitterly as she walked about, her head bent, and the kindly old gentleman was deeply touched by the sight.

"What have you lost, my dear?" he asked.

"I lost my penny," she sobbed.

Moved by her grief, the old gentleman took a penny out of his pocket and said: "There, there little one! Don't cry any more. Here's your penny. Now run along and spend it."

To his surprise she looked up and thrilled: "Why, you wicked old man! Wait 'til I tell my papa. You had my penny all the time!"

Italians have built a 34,000 ton steamship with the lower parts composed of the usual metals and the upper of a special steel having high elastic qualities.

Small enough to be carried in a hand bag, an umbrella with a telescopic handle has been invented for women.

Character Close-Ups

WHEN THE LITTLE FINGER IS ABNORMALLY LONG THE OWNER IS ABNORMALLY LONG-WINDED WHEN IT COMES TO TALKING



Children's COUGHS

Mother! Give your children a few Peps tablets to suck every day. Breathing the agreeable medicinal fumes given off by Peps is like breathing invigorating pine forest air. Peps soothe the throat and delicate air tubes, strengthen the chest and keep coughs, colds and bronchial troubles at bay. 25c. box.

PEPS The Breathe-able Tablet