

ATTRACTIVENESS MORE TO BE DESIRED THAN MERE BEAUTY—FASHIONS AND BEAUTY HINTS

YET, "BEAUTY IS ONLY SKIN DEEP," WHILE PERSONALITY—

The Woman Who Is Attractive Can "Put It All Over" Her Sister, Who May Be as Beautiful as Hebe—Today's Significance

WHICH is or would be more desirable to you, to be called "attractive" or "beautiful"?



Evidently this hat is of divided opinion. At the back, each side goes its own way, as far as possible, but the front of the hat sticks close to the head.

The younger sister, statuesque, with beautifully modeled features, a faultless complexion and carefully arranged hair, is undoubtedly beautiful.

WASHINGTON'S Birthday. Symbolized by hutchets and cherry trees, cocked hats and powdered wigs.

Her sister did not, like her, begin life as beautiful as Hebe. Although good-looking, she falls far short of being a raving beauty.

AN UNWELCOME INTERRUPTION. "Where are you going?" His voice was fairly a snarl.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer.

- TODAY'S INQUIRIES
1. How can a new waffle iron be "broken in"?
2. In what way will too much baking powder affect biscuits?

- 1. In eating fish should a knife be used or only the fork?
2. Is it proper to sip coffee with a spoon?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. To prevent a crust forming on a loaf cake before the cake has an opportunity to rise place a sheet of paper over the cake.

TODAY'S INQUIRIES

- 1. A teaspoonful of alum dissolved in water and sniffed up the nose will stop nose-bleed.

Recipe for Washington's Birthday

Dear Madam—Making popcorn always looks so easy, but I have had a number of inquiries...

Supper for Birthday

Dear Madam—Will you kindly suggest a supper with moderate means for a young man's sixteenth birthday party?

Popping Corn

Dear Madam—Making popcorn always looks so easy, but I have had a number of inquiries...

Use an Oyster Fork

Dear Madam—Will you kindly let me know which should be used, an oyster fork, when eating oyster cocktail?

Scotch Broth

Dear Madam—I am sending you a recipe for Scotch broth, which is nourishing and economical...

Significance of Spots on Nails

Dear Madam—Pearl B. wishes to know what the cause and cure of white spots on the finger nails are.

Oysters Roasted in Shell

Dear Madam—Oysters roasted in the shell are delicious. Wash and scrub the shells, then place them in a hot oven until the shells open.

Minister's Fee

Dear Madam—Will you kindly tell my fiancée and me through your paper the address of some minister where we could call any time and get married quietly and for a reasonable sum of money?

Removing Gelatin Stain

Dear Madam—How can I remove a gelatin stain from a cloth dress?

"Guess" and "Write Soon"

Dear Madam—Could you please tell me what language the two following words are, and their meanings? Seug, Noosetw.

To Get Rid of Water Bugs

Dear Madam—How can I drive away the little water bugs which congregate around sinks and other damp spots?

To Clean Poplin

Dear Madam—Kindly tell me how to clean a dark-blue poplin skirt. It is simply peppered with spots. How can you prevent creases from squaking? Does washing harm them?

MY MARRIED LIFE

By ADELE GARRISON

TEARFUL "women" were always an abomination of mine in the years before my marriage.

A flaming self-content consumed me as I lay on my bed trying to quiet the sobs which Dicky's brutal reception of Jack's letter had caused.

On the other hand, I did not want to give him a chance to go away and leave me alone with my mother, something which he was quite capable of doing if it happened to occur to him.

"I do not know," I replied truthfully and coldly. "I am going out for the rest of the afternoon. Perhaps you will be able to control yourself when I return."

"Your mother has shown such concern for my society that no doubt she will be heartbroken if she awakens and finds that I am not here."

"Disturbing me doesn't matter," she said decidedly, "but what you were saying does. I heard you mention me, and I naturally wish to know if I am the subject of this very remarkable conversation."

"All right, mother," Dicky's tone was unsteady, and as his mother's door closed behind her I prepared myself to face his increased anger.

"I will answer that speech in ten minutes," I said, and walked into my room again.

"For I had come to a decision as starting as it was sudden. I hastily threw some most necessary things into a bag. Then I put a ten-dollar bill of the housekeeping money into my purse, resolving to send it back to her as soon as I could get access to my own tiny bank account."

"You will find the housekeeping money in the top drawer of my dressing table, I said calmly. "I will send it to you as soon as I have one, and you will please have Katie pack my things and send them to me."

DIARY OF A WELL-DRESSED GIRL

How She Helped Make a Lovely Serge Frock for Jenny Malcolm



Charming frock for the school girl.

THE homeliest place in the world is Mrs. Malcolm's little brown house at the end of Linden street. There is always a glowing fire in the cook stove, something delicious baking in the oven, and pots of blooming flowers in the window sills.

"This is Jenny's first year in high school, and I've helped to make most of her clothes since she was ten. Mr. Malcolm was killed in a railroad accident and had left Mrs. Malcolm a lawyer. Naturally, we became interested in the family. Dad's sending the oldest son to college, and Jenny is my 'special pet'."

"She is a girl after my own heart. She looks just like me, and always looks like a 'fashion drawing.' With Mrs. Malcolm's able assistance I made her the smartest little one-piece frock for school imaginable. It is of dark blue serge, of course, with a sailor collar of white satin to relieve its plainness."

"Jenny has a boyish figure and can wear frocks with severe lines. I was particular when choosing the pattern to make sure that it was cut in one piece."

"First, I cut out the yoke and front panel, which are in one piece. Then I carefully pleated the serge, basting each pleat in position, and cut out the side sections. After turning in the edge of the panel and yoke I had Mrs. Malcolm run a line of machine stitching a half-inch from the edge, as she stitches much better than I do."

"When the seams were all stitched I made the highest sleeves and joined them to the body-fitted cuffs. Mrs. Malcolm sewed them into the armholes while I worked on the narrow strap belt. I made it very long so that it would button at one side of the front, pass once about the waist and button over the other in machine-stitches. The buttons are embroidered with heavy silk. The flat buttons are covered with serge."

According to Mrs. Malcolm's instructions I turned up a deep hem to allow for "letting down" when Jenny grows taller. Then I made a sailor collar of white satin with ends of the serge and the frock was finished, ready for Jenny to wear to school the next day.

MAKE YOUR FOOD AID, NOT HINDER, BEAUTY CULTURE

BY LUCREZIA BORI

A LONG time ago I discovered that many of the physical defects of the American woman are due to the fact that she is too careless about her diet.

The most dazzlingly beautiful complexions in the world bloom upon the faces of the peasant girls of France, Germany and Switzerland. This is largely due to the wholesomeness of their food and their life out of doors.

The glorious womanhood of ancient Greece owed the lilt beauty and grace of their skins to exercise and the right kind of food. The source of the health, vigor and remarkable strength of the Indian maidens was the coarse food and free life in the open.

If you are fond of the rich, spice-laden, indigestible foods you will have to pay the toll with a portion of your good looks. You cannot retain the smooth clearness of your complexion or the graceful lines of your figure if you continue to "stuff" yourself with beauty-destroying foods.

If you are at all observant you will have noticed that it is the woman who tips the scales at 150 or more who orders extremely rich delicacies, smothered cereal with cream and sugar, has French pastry or ice cream for dessert, and adds three lumps of sugar to each cup of tea.

The salt skirts, for the most part, are made plain and none too wide. They are comfortably short. In some of the latest ones the barrel vogue is affected where it is not outlined in the jacket. The most popular fabrics include satin, faille and Jersey cloth—both wool and silk—gabardine, poplin, serges, velours, etc.

Good and bad, rich and poor, clean and dirty, are all churned together. When we buy milk, it must measure up to our high standard—or no gathered cream for us.

is, and can only be made from rich, pure milk, whether it is the milk we buy or comes from our own healthy cows. That is why we can guarantee uniform quality—and purity—in Meridale.

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Now that "spring greens" will soon be in the market and altogether unattractive looking, try to eat as many uncooked vegetables as possible. Tomatoes, celery, cucumbers, green peppers and cabbage are palatable in their raw state.

If you are overweight, avoid foods containing fats, starches and sugar. If you are too thin, exercise, eat plenty of fattening dishes, drink milk mixed with cream, and be as lazy as you can be.

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Advertisement for TASTYKAKE. Includes illustration of a woman and a box of TASTYKAKE. Text: "Pure as a child's thoughts — you can enjoy TASTYKAKE before you get your first tooth and after you've lost your last one."

Advertisement for MERIDALE BUTTER. Includes illustration of a butter can. Text: "If we were not particular about the milk we use, Meridale Butter would not be much better than ordinary kinds. Usually farmers separate the cream before it is gathered for the creameries."

Advertisement for LUIGI RIENZI. Text: "LUIGI RIENZI 1714 Walnut Street Spring Fashions A Fore-peep of the New Spring Models in Ready-to-Wear Suits Coats Skirts Dresses Waists Gowns and Wraps Specially Designed for All Occasions NEW SPRING HATS Furs Stored and Preserved in Our Cool Circulating Air Vaults"

Advertisement for CHILD'S WINNER BRAND COFFEE. Includes illustration of a coffee can. Text: "29c CHILD'S WINNER BRAND COFFEE 29c"

Advertisement for Good Coffee is Healthful. Text: "Good Coffee is Healthful WINNER BRAND COFFEE meets both requirements. The best coffees grown go into it, and there's unerring accuracy in the blend—always the same rich, smooth, delicious cup. When such coffee is used, there's health in every drop."

Advertisement for Cottage Pudding With Orange Cream. Text: "Cottage Pudding With Orange Cream Break an egg into a measuring cup, fill three-quarters full of sweet cream, beat well. Add three-fourth cup sugar, one and one-fourth cups flour, sifted with one and one-fourth teaspoonfuls baking powder, pinch of salt and one tablespoonful vanilla. Bake in a moderate oven. Sauce: Mix three tablespoonfuls flour with one cup sugar, add one cup boiling water and cook until thick. Remove from the fire and add one-fourth cup butter, juice and grated rind of one lemon, and one-half cup cream. Boil for five minutes."

Advertisement for CHILDS & COMPANY. Text: "CHILDS & COMPANY THE DEPENDABLE STORES 'Where Your Money Goes the Farthest'"

Advertisement for Good Breakfasts mean good Report Cards. Includes illustration of a boy and a girl. Text: "Good Breakfasts mean good Report Cards Teacher knows that every morning she faces two kinds of children. One kind thinks only of how soon they will have something to eat again. They are restless and don't learn much. She knows that the children of the other kind have good, sustaining Cream of Barley breakfasts in their 'tummies.' They think only of their work and learn a great deal. Teacher also knows all about the wonderful food and energy giving values of barley that it is the most digestible and sustaining food known. Teacher knows! And she wishes that all mothers knew that the most appetizing, delicious, sustaining and energy giving breakfast cereal she can buy from her grocer is CREAM OF BARLEY"

Advertisement for Cream of Barley. Includes illustration of a box of Cream of Barley. Text: "Teacher knows! And she wishes that all mothers knew that the most appetizing, delicious, sustaining and energy giving breakfast cereal she can buy from her grocer is CREAM OF BARLEY"