### Self-Respect Is the Quality Please Tell Me Which Keeps You Dressed Neatly

It Will Not Allow You to Appear Even Where You Know You Will Not Be Seen Unless You Are Correctly Groomed

WELL, I don't suppose a soul will look at me." said the girl who was dressing to go to a June wedding, but I have to feel right for myself, and It have to feel right for mysel, in the feel right in those dirty gloves."

It makes you stop to ma you left-respect is such an important presentably in the morning, even if you know you are going to be alone all day

How many times we should slip right long. down to the gutter without it.

And how many times we have been tempted just to let it get away from ing to look well, as everybody does. even when you are certain that nobody

It would be so easy, so very much but the mirror is going to see you.

casier, to wear the dirty gloves and say,

'Oh, well, nobody'll see me, anyhow.' self for the way you are dressed and A pinned-up underskirt, a makeshift groomed. some kind or other, serves the pur-me for the time being.

When you lose your self-respect,
When you case to care how you look, of some kind or other, serves the purpose for the time being.

easy just to leave them that way in you lose part of the pleasure of life. stead of sewing on the hook that came If you get so that you can see youroff, or getting to work and making a self in a soiled old housedress, with 'principal' for that sorry-looking your hair frowsy and your shoes unbrushed, without caring, you have lost a little of your old self.

WHY, without self-respect, life in You have taken a step down which is general would be an easy thing to going to lead pretty rapidly to another live—and in many ways a difficult, slip-shod, hand-to-mouth affair. step in the same direction if you don't soon grab your self-respect and step

But it is that same self-respect which up again. makes it impossible for a neat, wellgroomed person to go to a wedding YOU get blue and depressed and where she knows that the bride and her Youngly, and wonder what's the matttendants will be the only persons noced, except the two mothers, perhaps, da few very prominent guests, with somewhere, and you get all dressed up in your best, your self-respect comes at it is that same self-respect which out and smiles at you from the mirror.

akes a pinned up underskirt unbear- your spirits soar on high and you take ikes a pinned-up underskirt unbear-And that same self-respect shricks

sloud against any continued use of a makeshift which can be exchanged for a reality.

After all it is only a matter of per-

to feel properly dressed, well-groomed, as if somebody took some pride in fixing All it amounts to is an application of "I hate to see anybody look that way"

THE HOME

IN GOOD TASTE

## That's self-respect. It's like the borax that you put into a limp organdie dress to make it like new again. Read Your Character By Digby Phillips

Practical Writing

You have taken a step down which is

You are worthy of yourse'f again.

con are at your best, you don't have to

Oh, it's very important to feel right.

you up, whether you are going to sit in

shamed of yourself.

the limelight or in the dark.

Do you know that you can tell from the writing of a person whom you have never even seen whether that person is practical or not?

neteristic which directly influences a person's handwriting so much, though it does do this to a certain degree, as it is the fact that the tendency to be practical is the result of a combination of several fundamental characteristics.

ally mean the person who does not waste time puzzling over the whys and wherefores to any great extent, but who wherefores to any great extent, but who necept things at their face value and who goes alread and does the obvious and necessary thing to complete a task undertaken; in short, the opposite of the control of the contr

dows is not the material you use, but acteristics is indicated by the vertical, the way in which you use it. Curtains as against the backband or the forof cheeseeloth, if they are well planned and wisely hung, may have far more style and make a much better showing the cheeseeloth. Again, the practical person is of the energetic and active type rather than of the passive and meditative. There is in his make-up a cer-

often add not only a pleasing touch of color but a distinct note of elegance writing. Other contributing elements to as well. Take, for instance, some of the black and white French gimps, cated by letters which are all connected in each word; steadiness of purpose, white Euclid batists or cheesecloth, Or, indicated by lines which slant neither in each word; steadiness of purpose, indicated by lines which slant neither again, a narrow blue or rose-colored cotton gimp with short fringe may be up nor down, but run straight across the page, and a certain amount of de-termination and originality, indicated by the letters of g. j. y and sed with highly satisfactory results as by the letters 'f.' 'g.' White figured net and dotted Swiss curtains or muslin curtains may be

Tomorrow-Habitual Insincerity

## Two More Exercises



Exercise 8-Raise arms overhead;

bend trunk forward and swing

arms downward between legs; raise

trunk and bend backward, swing-

ing arms up over head again. Do five times and moderately fast.

You may add to this by turning at

waist and swinging both arms down

on side of either leg

Exercise 9-Assume correct stand-

ing position, feet apart, arms out

at sides; twist waist to right and

touch finger tips of right hand to toes of left foot. Reverse. Repeat five times. When yo can

touch the toe try to touch 1 or on

level with the heel, for that in-volves greater waist twisting

How We Came to Have Paintings Before the fifteenth century there existed no pictures other than religious paintings, and these were found only on the walls of churches. A picture or painting, as all of these were, was regarded as something to illustrate a religious event. They were painted di-rectly on the walls of the churches and there was no way of taking them down and moving them. When the Gothic architecture was adopted for churches there was a great decrease in the amount of wall space and consequently less space for the pictures. to use pictures in their religious teachings and this led to the adoption of panel pictures for the churches. These

then were the first movable pictures. They were painted on strips of canvas to fit the panels of the church walls. Later some one got the idea that if these panel pictures could be removed from the walls at will, they might be used at church festivals and in processions. This idea became so common that occasionally one of these religious panels got into a home. Later the idea of religious pictures in the home was encouraged. In this way, pictures, which we must remember were still all paintings, found their way into the world of ome, but the artists continued to make iem all religious pictures.

Finally one of them painted flowers

cheesecloth trimming.

ing of the room.

treated in the same way and thus given a great deal of distinction. Swiss cur-

row bands of colored sateen, one or two inches wide, sewed on instead of the broad bottom and side hems.

In making use of colored curtain trim-

ming, however, care must be taken that the color employed echoes some

Tomerrow-How to Hang Curtains

Con You Tell?

By R. J. and A. W. Bodmer

may also be trimmed with nar-

color conspicuous in the furnish-

and plants at the feet of the Virgin and it was discovered that these additions of some of the wonders of nature beau-tified the pictures. Then slowly, but very gradually, were introduced more worldly subjects and finally portraits were painted. It was a gradual realization that pictures could be made of subjects other than religious ones that made it possible for the world to have its wonderful pictures of today.

Tomorrow-Why Do Some Plants Have

# Times Change

Lingerie these days is quite different n lingerie of other days. attractiveness it relies chiefly upon trimmings of contrasting colors, and ecially good-looking are the narrow ings. There's a white crepe de ne camisole with a bine piping and the top and there's the palest of pink nightgowns which are piped in with ribbons that match. Not a set of lace is there to be seen on these never pieces of lingerie, although tucks here there still remain.

From "Idaho" for "Lonesome"

Dear Cynthia — Being a constant reader of your column and enjoying it. I would just like to say a few words in response to "Lonesome's" letter. But first of all, I agree with you, as sne should use more patience and cheer up, as there are lots of young men who admire a girl of her type and modesty. I, for one, but who has been so unfortunate not to meet one, even though I'm from Idaho. rom Idaho.

I also agree with June and also state that the ones who knock our modern girls so much are usually the ones with the crook in their neck. It prevents you from letting down the A. P., OF IDAHO.

What to Do

### "Saleslady" Writes Again

Dear Cynthia-Please may I rectify Pear Cynthia—Please may I rectify a mistake in writing to your column? Patoo'ie said my letter was in one of he magazines. Really, "Patootie" flattered me, Please be a little more explicit when criticizing Cynthia's column. She did not read my letter in any magazine, but I used a sentence in the latter part of my letter that while reading a magazine of which I read many, appealed to me very much and I unconsciously used the words to help express the meaning which I was writing.

No apologies It was a great article.
Your notice of the article and my using a sentence of it to express myself prove step in the same direction if you don't soon grab your self-respect and step up again.

You get blue and depressed and lonely, and wonder what's the matter with you.

Then somebody asks you to go out somewhere, and you get all dressed up in your best, your self-respect comes out and smiles at you from the mirror, your spirits soar on high and you take we possess if we did not consume what some one clse writes or profit by the good done in this world that we see? An artist may paint a wonderful picture, but if he did not have a model, atmosphere or scenery for an inspiration, he would not have been able to paint the original.

tion, he would not have been able to paint the original.

If we were isolated and were unable to mingle with the world and its people, how many of us would become famous?

We are in a world of copy, the influence the good and bad have on us is up to oneself, the good to consume and our power of resistance. Today the main topic seems to be Flappers, bobbing the hair and such, which has nothing to do with one's morals, providing our character is such and will power strong enough to survive the fad.

So please, Patootic, won't you write and give me your view of the philosophy of life? Mine may be all wrong, but we are all here to glean knowledge from the world and its people. I surely the world and its people. I surely would appreciate your version of such.

SALESLADY.

Better Try to Be Just Friends Dear Cynthia-There is a boy in this Dear Cynthia—There is a boy in this world whom I dearly love. I can't say all my thoughts are of him, but the best and noblest ones are. I have known him for about a year and a haif, and have always loved him best of all. But for a certain reason I must hide my love. It seems a foolish one—one that could easily be removed, but in my case it appears impossible to overcome. Nothing clse stands in the way. He is physically fit; he is older than I am and wiser in the way of the world; he is well employed; his family are not dependent upon him; he is, to windertaken; in short, the opposite of the "dreamer."

No. 8—Curtain Trimmings
What counts most in curtaining windows is not the material you use, but the way in which you use it. Curtains of cheesecloth, if they are well planned and wisely hung, may have far more style-and make a much better showing than curtains of expensive lace that have been hung up without much care or judgment.

A very little well-chosen trimming that costs only a few cents a yard will coften add not one or less previse rities in an an arm of the practical person is also of the steady even-going type, as a rule, careful and more or less previse in the way of the steady even-going type, as a rule, than whimsical. This is indicated by a hand that is an earled and more or less previse in the way in whimsical. This characteristic is than whimsical. This characteristic is not the material ports of the even was a tracted ports of the even was a tracted toward m. I am not pretty nor at all snappy; rather then the mover of the even was attracted toward m. I am not pretty nor at all snappy; rather then the way in which you use, to curtains down the form him or any one impulsive. And this balance of characteristics is indicated by the vertical, as against the backband or the form and substitute of the way in which you use it. Curtains of the energetic and active type and make a much better showing that costs only a few cents a yard will offer add not only the costs only a few cents a yard will offer add not only the costs only a few cents a yard will offer add not only the costs only a few cents a yard will offer add not only the costs only a few cents a yard will offer add not only the costs only a few cents a yard will only the practical person is also of the steady even-going type, as a rule, that not have the practical person is also of the steady even-going type, as a rule, that other procession of sorrow my vitality was hard the material person is also of the steady even-going type, as a rule, than whimsical. This is indicated by a hand that ful. However, I am getting over that, So, now, you have the case before you. My question is, should I try to kill this love, since it only saps my vitality and preys on my mind, clamoring for the unattainable, or should I cherish it in my heart, hoping that some day he will love me because I loved him first—love me enough to disbelieve all the gossip he has heard about me, enough to realize that I can't understand the way he speaks of me to my friends, enough to marry me and teach me to love him more and more?

"POOR LITTLE ME."

If the misunderstanding was your

If the misunderstanding was your fault you can surely bring about a reconciliation by speaking to this boy the very next time you see him. You see, he doesn't know you are in love with him, and so he will think it is just friendliness on your part. Try to make your feelings purely friendly after this. What did you mean about the gossip, dear? Does he believe something that isn't true? If he does, do you think he is worth bothering about? Yes, try to kill the love that makes you so unhappy. It will come back readily enough if the boy ever should begin to love you.

"Frank" Writes Interesting Letter Dear Cynthia-Still interested, to be not met his bride-to-be, but thought it

Dear Cynthia—Still interested, to be sure, but the column has been so genuinely interesting for some time that I have been reluctant to write for fear of disturbing the calm. You understand, Cynthia, do you not? Those in need of advice should be given first choice, but deliver us from those who seem to crave nothing better than an opportunity to advertise their worthless opinions. Nevertheless, here's mine. When a chap is so feminine that he even writes about his beauty he should be pitied, not consured. Such a creature is devoid of identification. Real men shun him as they would a quitter and women, the better kind, have learned to avoid his degrading society. The one who wrote to the column about his handsome relf did so for no other purpose than to start a heated debate. His shameful remarks have become history. the breakfast or reception is included. in which case the usual "R. S. V. P." indicates the expectation of a reply. The of courtesy in suggesting the name of pose than to start a heated debate. His shameful remarks have become history, but they recall to my memory certain incidents not at all in harmony with my conception of the absolute essentials of a real he-man.

While dressing for a dance at a very

While dressing for a dance at a very well-known summer resort. Parkland, to be exact, I observed that several fellows were actually making use of powder puffs as a means of applying powder to their faces. Eyebrow pencils were also much in evidence and, in fact, nothing was missing that would tend to enhance their beauty. I said nothing, because I would have had no one to assist my cause, and because it was none of my business what those fellows did, but the value of their stock dropped far below par.

far below par.
Before I continue let me say that

far below par.

Before I continue let me say that fellows of this type constitute not the majority, but they are by far too plentiful. I became very much interested in the life habits of these strange beings, and found without much effort that none of them were employed, a condition of which they were apparently proud. In the serious battle of life they were weaklings; on the dance floor those same fellows wove their way through the crowd with an ease suggesting years of practice.

I have mentioned the above incident: simply because we hear each day of the "shameful" doings of the young women. They are undoubtedly wrong in some respects, although it cannot be denied that women are influenced in their dress as well as their actions by the demands of men. The world is going through a strenuous period, and men and women alike are to blame for the present state of affairs. To place the entire blame on either the men or the women alone is unfair; to cite individual cases is worse still, because they are wortnless.

Make friends slowly if you would are wortness.

Make friends slowly if you would

avoid bitter disappointment. FRANK. What you say is very true, "Frank," and what you tell is deplorable, but don't you think that perhaps the heated replies to letters from men of this type in the column may do some good? The masculine "heauty" gets the unrestrained opinions of all the readers, you know. Girls really do not respect a boy of this type. THE LURE OF THE EAST



"I shouldn't think the firm would oved him best reason I must a foolish one— things the way they do. Goodness, dear, what would they do if they had impossible to some ordinary man in your job?" He twinkled amiably. "Thanks for the kind words, dear.

cakes absently.

A Michigan correspondent writes to

of one of the first families of the city.

wedding card of suitable sentiment,

summer trips today."

"But, honey—",
"Aw. come on, dear. Hurry up with
the eats. I've got about three days'
work to do and about three hours to do
it in."
"I shouldn't think the firm would

Paul kissed her and tweaked her smooth cheek at the door. "Never mind, honey. I'll prance home a little early, maybe."

He wasted not a moment in reaching me know when applying for me know when applying for

Thanks for the kind words, dear, the office and plunged into the volume of But hurry up the Java and the rest of work in the strangely silent office, his the eats. I sure have got a mountain of work piled up down there and—" on the opposite wall as he labored He attacked the opulent pile of pannervously against time.

But he remembered with a guilty flush that if he had devoted the halt-

Anna J .- Here is the corn remover. Many readers have heartily indorsed it as a cure all. Extract of cannabis indica, fifteen grains; salicylic acid, one dram; flexible collodion, one ounce; mix well and apply with a tiny camel's hair brush. Repeat every night until the corn has disappeared.

Harriett—Well, you never can tell about a woman, as the copy books do say! Fawney any lady in this age wanting to be so fat she'll waddle and three-quarters of my feminine world striving to be so thin their el-hows will scratch 'em to death, Send along the s. a. c., and I'll tell you what to eat, what to do, and what not to do in the way of transforming dim-What's What: "My employer, a member ples to merry curves.

is to be married. I have received an invitation to the church. I shall not be able to attend, but is it necessary skin. The only way to have them reto send a written declination? I do not moved is by electricity. Do not tam-feel that I should send him a gift; have per with them yourself, as when they become irritated malignant growths are liable to result. I have a formula for would be appropriate to send them a warts that I shall be glad to send to you if you will send me a stamped. addressed envelope. Do not use this lotior It is not obligatory to answer any on the moles. wedding invitation unless a card for

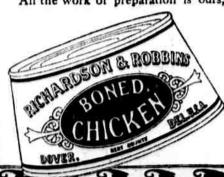
Fatty-If you love potatoes so dearly you can gradually train yourself away from them. Say, try going without them every other day for a while; then have them as a Sunday treat only. At employer showed a very proper spirit of courtesy in suggesting the name of that they are not as fattening as bread.
"T. Y." to the bride-elect when looking But you would better send me over her invitation list, but the civility stamped, addressed envelope and get does not call for a gift, especially since little booklet that has a lot of inforour correspondent is unacquainted with mation on foods you should and should not eat when you want to reduce.

# Boned

For fifty years, discriminating housewives have kept a few tins of R & R Boned Chicken on their pantry shelves for use in emergencies.

For fifty years, experienced campers have included it in their list of supplies.

All the work of preparation is ours, the convenience is yours.



chicken meat, solidly packed, from which you can make in a jiffy any one of a dozen appetizing dishes requiring chicken. It's economical, too

A standard product with grocers and delicatessens.

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S

The tin contains tender

# Through a Woman's Eyes By JEAN NEWTON

Spreading Our Sunshine A man in New Brunswick, N. J., has celebrated his wedding by giving \$10,-000 for charitable purposes. In a statment he said :

"There are existing causes for every thing that happens. Perhaps to the conquest made by me recently is to be attributed my benevolent impulse." Having been granted happiness, he wanted to do something to make others

happy.

Think of all the good that would be done in the world if every man and woman in the smallest way followed his example. We need not give large sums

To the Editor of Woman's Page:

Dear Madam—Having spilled ink on a bleached muslin luncheon cloth, am writing to ask if you know any way I can remove the spots. MRS. E. R. G.

The best thing to use to take these ink spots out is an ink eradicator, and you can get the two little bottles that comprise this at any drug store.

make natural.

"I've just been trying to explain to Carey how it happened, and he bowled me over so completely with the news that he was married and was bringing in wife up here for a honeymoon that I haven't recovered yet. Fancy you two people being married. I can't realize it, and I feel all kinds of an

Naturalization

To the Editor of Woman's Page:

Dear Madam—Would you kindly let me know when applying for naturalization papers if it is necessary to have two witnesses accompany you when you go first for the application or whether you wait till they call you after turning in the application? I filed my first papers two years ago. CHARLES S.

papers two years ago. CHARLES S.

Since you filed your declaration of intention two years ago, you can now file your petition for citizenship. This must be verified when filed by two witnesses who are citizens of the United States and have known you during your entire residence in the State where the petition is filed, which must be not less than one year. They must also have known you to be a resident of the United States continuously during the five years immediately preceding the filing of the petition. Ninety days after the petition is filed there may be a hearing of it, and here the witnesses are required to attend again and testify in open court.

# The Unconscious Sinner: BY HAZEL DEYO

Cleo Ridgefield is the type of girl scho unconsciously tempts men to make love to her. When she refuses Dick Wheeler, he tries to commit suicide and is saved by his guardian. Carey Phelps. Carey, believing Cleo to be a heartless flirt, succeeds in meeting her and winning her heart. He persuades her to marry him secretly, and on their wedding night, in order to avenge Dick, he tells her he despises her. Cleo makes an attempt to run away, which he forestalls, and they start for Carey's cabin in the mountains. They arrive late at night, and discover that some one, is already in possession of the cabin. That some one turns out to be Dick Wheeler. interloper for butting in and mixing things up like this." "But we don't mind." Cleo inter-rupted eagerly, "we don't mind a bit." Her eyes were very bright and her cheeks were burning with color. "We'll manage splendidly."

"We'll manage splendidly."

She spoke feverishly, her one thought was to keep Dick here at all costs, she could not think ahead further than that. But Dick shook his head. His one idea was to leave as quickly as possible, and he wondered if Cles realised the tenseness of the scene she had interrupted. All his life he had looked up to Carey, he had trusted him, and tonight Carey had struck a blow at a well-nigh life-long friendship. Dick knew that until that night when Carey had come in just in time to prevent a tragedy, he had not known Cleo. Now he was married to her! It was almost as if he had deliberately hurried matters in order to have everything over before Dick's return to the city.

# Do you drink

OR JUST TEA?

There's a distinct difference in favor of



"Nearness to the roaster" also contributes to the tremendous popularity of Asco Coffee, for it goes direct from our roasteries to our own Stores, where you can always be sure of receiving it fresh roasted.

ASCO Coffee

Today is the best time to get acquainted with this rich, rare blend of goodness.

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