

MILADY BEAUTIFUL

BY LOIS LEEDS.

How to Dry Your Hair.

My dear Miss Leeds—I prefer to give my own shampoo at home but find the drying tressome, especially in the winter with hot towels.

Is it injurious to dry the hair before a small electric heater if one stands 6 or 8 feet away and does not allow it to become too hot?

The electric driers are expensive and heavy to hold. What is the best and easiest way to dry their hair when the weather is too cool for one to go out of doors? Thank you. L. C. E.

Answer—Drying the hair with any



kind of artificial heat has a tendency to make the hair dry and brittle. However, when one is in a hurry drying the hair with one of the driers makes for that purpose will not be harmful and there are several on the market which I don't believe you would find too heavy to handle comfortably.

The method of hair drying which I recommend as the best is by rubbing with towels. After the hair has been rinsed wring it out with the hands and wrap a warm towel around the hair; rub the hair in the towel until most of the moisture is absorbed. Remove towel and massage the scalp for a few minutes. Apply another warm towel and when it has cooled remove towel and shake the hair well. Bend over at the

waist and let the hair hang loosely over your face while you shake it. This is especially good for stimulating the circulation. Finally brush and comb the hair well. LOIS LEEDS.

Eye Cosmetics.

Dear Madam—Kindly give me the name of eye-brow and eye-lash darkener and where I can purchase some that appeared in your beauty articles several weeks ago.—A. B.

Answer—There are various reliable brands of eyelash darkener and eye-brow pencils available and these may be obtained from any large drug store, cosmetic counter or beauty salon. Eye-shadow comes in various shades—blue for blue or gray eyes, greenish-brown or green for hazel or brownish-green eyes, while a soft brown makes brown eyes more brilliant. It must be applied skillfully and delicately to obtain the desired results. LOIS LEEDS.

Alone.—The ideal weight for a girl of your age and height is between 130 and 138 pounds. You are several pounds underweight and need to approach your ideal weight before you can expect to develop your limbs and chest. Have a physical examination by your physician to find out if you have any symptoms which may indicate disease. I shall be pleased to mail you my leaflets on how to gain weight and care of the complexion, which give several menu suggestions and local treatments that may be helpful. Enclose a self-addressed, stamped envelope and repeat your request when you write me again. LOIS LEEDS.

Drop Doughnuts.

Beat two eggs until light, add half a cupful of sugar, one teaspoonful of lard, one cupful of milk and one teaspoonful of vanilla. Stir three and one-half cupfuls of flour with two teaspoonfuls of baking powder and a pinch of salt. Stir this into the first mixture. Drop by teaspoonfuls into hot fat and fry like doughnuts. When cold, dust with powdered sugar.

Candied Grapefruit Peel.

Cut the grapefruit in halves and remove the fruit. The peel may be left in halves or cut in strips. Boil in five or six changes of water to get rid of the bitterness. When the peel is thoroughly cooked and tender, place it in a sirup made with a pound of sugar to a pound of peel and one cupful of water. Cook the peel in the sirup until white spots form and the product is clear. Remove from the sirup, drain, then roll while warm in granulated sugar. Place skin side down on a platter or plate to dry. Keep in a covered tin box.

Beauty That Will Not
Streak, Spot or Rub Off

Imparts an attractive, soft even appearance that leaves no chalky edges or filled in pores. Blends naturally with the skin without that "made up" look. Made in White, Flesh, Rachel and Sun-Tan.

COURAUD'S ORIENTAL CREAM

Sent 10c. for Trial Size

Perf. T. Hopkins & Son, New York City

SUB ROSA

BY MINN.

Three-Minute Boil.

Whistler, the great artist, was once asked to use his influence in having a younger painter's canvas exhibited in the salon. The artist did as requested, but when the picture was shown the clouds were lying on the ground and the trees growing down from the sky.

"Oh, Mr. Whistler," cried the young dauber, "you've hung my painting upside down."

"I know it," replied the artist, "but if I'd hung it in the usual way, the committee wouldn't have accepted it. That's why I had to turn it around."

One can get a truer impression of a landscape, painting or even a photograph by looking at it in this reversed order.

There's a sort of hour-glass principle in life which is usually passed by unnoticed. The hour glass, or egg boiler, is a very accommodating contraption. After the sand has run down and out from above we can reverse the glass and have it run up and in. That's what we do when we reverse the egg to boil just three minutes.

It's a good thing to turn a subject over in the mind to see how it looks on the other side. It's just as good a thing to turn it upside down to see how it looks from the reverse end. Almost every question has its reverse side and we can't get the whole truth and see how it looks from the opposite end. That's why we say, "It's a poor rule that won't work both ways." A good rule and truth work in either direction, like the egg boiler or the ferry boat.

Maybe you're dissatisfied with your hair, your job, your circle of friends. You've looked them over ever so many times, but they don't improve any after observation. Well, turn them upside down, or look at them from the top, and they may look different.

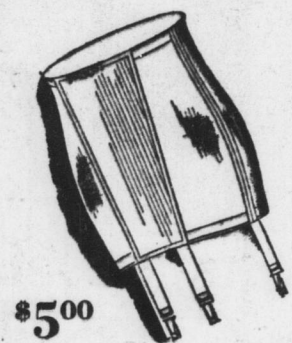
When Ina Claire, who is now Mrs. John Gilbert, flew across the continent, she said the most interesting sight was the State of Kansas. Ordinarily, we'd pick out the Rocky Mountains or the Great Lakes for beauty, but from the air this flat country with its corn tassels looked most beautiful.

We can reverse the order of view with our friends and relatives by taking a good look at them, an upside down one. Of course, you can't ask your friend to walk on his hands just to see how he'd look with his feet in the air, but you can look him over in some new way; from head to foot, from foot to head. You work your cross-word puzzle vertically and horizontally. You can do the same with your personal problems. You can look at them in the usual way and then reverse the three-minute egg boiler and look at them the other way. (Copyright, 1929.)

PARIS CABLES

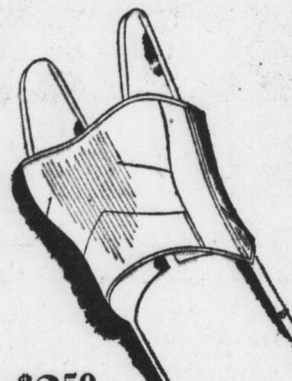
"... fitted
waistline...
longer skirts...
molded figure..."

**TWO
NEMO-FLEX
GARMENTS**
... that give
the new lines



\$500

A Nemo-flex step-in girdle which rises two inches above the waist insuring the high fitted waistline and extending well down over the hips. Of knitted rayon elastic this flexible garment gives lissom roundness to the figure, combined with perfect ease of movement. No. 540.



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Nemo-flex garter brassiere especially designed to wear with girdle shown above. Of knitted rayon to match the girdle, it fits neatly over it, flattens the diaphragm lightly and firmly, and is held snugly in place by two side garters. No. 250-54.

Singly or together at the better stores and specialty shops.

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KOPF BROS., Inc.
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FAMOUS LADY WISECRACKERS

Swift's Stella Was Not Only Witty. She Was Brave—
She Killed a Burglar.

BY J. P. GLASS.



"RICHARD BRINSLEY SHERIDAN, THE PLAYWRIGHT, ONCE TOOK OUT HIS PURSE AS HE SAT BY THE FIRE AND FOUND IT WAS VERY HOT."

When Esther Johnson, the famous "Stella" of Jonathan Swift, was extremely ill, her physician said: "Madam, you are near the bottom of the hill, but we will endeavor to get you up again." She replied: "Doctor, I fear I will be out of breath before I get up to the top."

Swift said of Stella that she had "the most and finest accomplishments of any person I ever knew of either sex. It was observed by all her acquaintances that she never failed in company to say the best thing that was said, who ever was by, yet her companions were usually of the best understanding in the kingdom."

Coming from Swift, who was himself one of the great wits of his day, this was high tribute. Since "Stella" was also a beautiful woman, of the brunette type, one wonders why Jonathan did not make her his wife, as he easily could have done.

She was thrifty, while she was still a girl having saved 200 pounds from small gifts received from relatives and friends. To top off her good qualities she was brave. One day she shot and killed a burglar.

Fortunately, Swift himself preserved some of her witticisms. Here are a few of them:

Richard Brinsley Sheridan, the playwright, who was noted for his prodigality, once took out his purse as he sat by the fire and found it was very hot.

"The reason," observed "Stella," "is that money burns your pocket."

She called to her servants to find out what smelled so badly in the kitchen.

"We are making matches," they replied.

"I have heard matches were made in heaven," she said, "but by the brimstone, one would think they were made in hell."

A man had acted the fool in her company. At last he began to grieve about

the loss of a child recently dead. A bishop in the company comforted him by saying the child had gone to heaven.

"That is what grieves him," quoth Stella, "because he will never see it there."

A clergyman of her acquaintance was notoriously untidy and dirty. But he affected to be extremely smart, especially at repartee. Once a member of the company, observing his fingernails, asked how they came to be so dirty. The clergyman was at a loss for a reply, but "Stella" said: "The doctor got his nails dirty by scratching himself."

This jest was made in polite society, but it was the polite society of the early part of the eighteenth century.

Corn Chowder.

Cook two slices onions with two tablespoonfuls of cornstarch or flour and three tablespoonfuls of beef drippings or other fat, stirring often, so that the onion will not burn. Add four cupfuls of white potatoes cut in one-fourth inch slices and two cupfuls of boiling water. Cook until the potatoes are soft. Add three cupfuls of corn from the cob or one can of corn and four cupfuls of scalded milk and cook for five minutes. Season with salt and pepper and serve.

Molded Lamb or Mutton.

A delicate pie is made by lining a buttered baking dish with cooked rice, filling with the chopped meat and gravy and covering this over with more rice. Place the dish in a steamer and steam for one hour. This pie may be served from the dish, or with care it may be turned out whole onto a platter, where it will look like a mound of plain rice.

The "Home-Baked" Taste Means
More Nourishing BreadFresh Rich Milk, Thorough
Baking Give Rice's That
"Homemade" Fragrance

That unforgettable "baking day" aroma we sniffed so eagerly when mother took the big, plump, brown crackling loaves out of the oven! You recall it now when you break the crisp, waxed wrapper from a loaf of Rice's Bread.

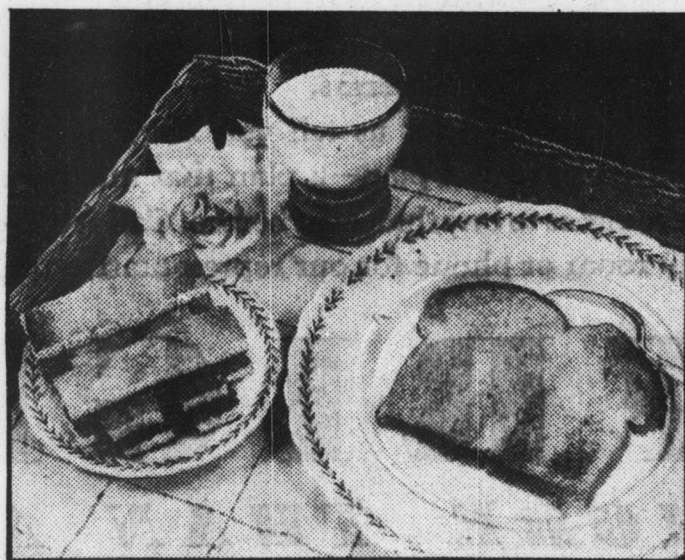
This aroma means more than just an appetite-tempting fragrance. It is a blending of many delicate odors which mean that the things going into the making of Rice's are of the finest, and handled in the most skillful way; that the sugar in the rich, fresh milk has slowly browned during the long, careful baking of the famous split loaf, to give off this delightful smell. Also that the mixing and rising and baking have been so carefully watched that the bread has a meadow-sweet odor and taste which only comes when the yeast action is exactly right. The double-strength yeast always used in Rice's acts on the protein-high flour to liberate every particle of rich, wheaty taste and fragrance.

So when you open the wrapper that keeps immaculate the crusty Split Top Loaf of Rice's Bread, you know that the tempting fragrance means not only a delicious bread to eat but one that has extra nourishment for your family in every fine-textured white slice.

A Man Would Walk a
Mile for This . . .
Orange Marmalade
Pudding

Beat three egg yolks thoroughly and stir in two tablespoonfuls of Rice's Bread crumbs with one teaspoonful of baking powder mixed together. Add half a cup of orange marmalade and fold in the stiffly beaten whites. Bake in a buttered dish in a slow oven for 45 minutes. Serve with whipped or plain cream or any favorite sauce.

Sugar may be added if a very sweet dessert is liked.

TEMPTING THE CAPRICIOUS
APPETITE

Delicious food, delicately flavored, and temptingly prepared is the only way to stimulate a lagging interest in eating. Because food should not be too hearty during illness, bread becomes even more important than usual. To restore energy lost by illness, nutritious bread is one of the most important foods.

In preparing food for an invalid, have everything spotless and shiny and keep the tray simple. A tray covered with snowy, gleaming damask, with a bright, freshly-cut flower, laid on one side, a pretty bowl of piping hot, slightly salted milk, and a plate of thin golden toast fingers, will

interest even the most rebellious appetite. Half clam broth and half milk is good; or milk with a little cinnamon, nutmeg, and sugar added.

In serving toast as a foundation for the delightful creamed foods given early to convalescents, cut the toast in small fingers, triangles, or squares, for languid fingers to manage easily. And the toast may be very rapidly dipped in boiling water to soften it a little. Creamed sweetbreads, eggs scrambled over hot water, with no fat added, delicately seasoned puréed and creamed vegetables, are very appetizing on Rice's toast.

Everyday Psychology

BY DR. JESSE W. SPROWLS.

From all I can learn from my friends, the new money doesn't seem to be a howling success. How some people like to get hold of the old bills! Anyhow they hold on to them, preferring to part with the new money first. As one man puts it: "Give me the good old big bills."

A psychologist is likely to explain the dislike for the new money on the basis of habit. He will say that we have habits all set for the old money and that we find it hard to get a new set of habits established. Especially so, since at the present time the old and the new are circulating in about equal proportions. The old bills keep the old habits alive; the new bill habits are constantly coming in conflict with them.

Now what about the man who wants the "good old big bills."

I suspect that the new money doesn't seem to him to be worth as much as the old. Its very size suggests a corresponding shrinkage in purchasing value. And this suggestion breeds carelessness in expenditures, thus bearing out the conviction that a new dollar bill is not equal to one hundred cents, or twenty nickels.

Of course, this feeling can all be laid at the door of habit and the confusion that results when a habit is not allowed to function. A feeling of emptiness or relative ill ease is instituted the very moment you break in upon accustomed ways of doing things.

The emotional reaction which goes along with habit-formation and habit-disturbance runs a little deeper into our souls than that does mere habit.

Straight Talks to Women About Money

BY MARY ELIZABETH ALLEN.

Your Son and His Living.

This may be the beginning of your son's last year at school.

If it is, have a talk with him before he goes away to assume the honors and dignity of a senior.

To be specific, talk over with him his future livelihood. Ask him his plans and his ambitions.

Only too frequently young men have no plans about their future jobs, and they find themselves at commencement all at sea.

A majority of them perhaps become bond salesmen or real estate brokers simply because they are fitted for no vocation and have no idea about vocations for which they might be suited.

This is not to say that real estate brokers or bond salesmen are undesirable, or that their vocations are undesirable. It is simply to point out that many young men drift into these fields, and insurance may be added because they are dignified vocations requiring only a command of English and an assortment of social contacts.

It is not necessary to worry your boy about the awful responsibility of earning one's living, nor should any son's mother warn him about the pitfalls. He should merely be cautioned to consider in ample time the field into which he fits best, and the best way to find himself a position in that field.

Every June there is a surplus of college graduates fitted for no special work, and willing to take anything "with a future." If your son can

decide now where he belongs and for whom he would like to work, he may be able to establish himself somewhere by commencement time.

Of course if he is taking any special course of study to fit him for a particular kind of work he should try his hand at it even if it is only for an experimental period.

You have a
right to
ROMANCE!

Don't be cheated of joys and friends by a muddied complexion. It's unnecessary! Armand has just perfected a novel new Clearing Cream, in which four matchless cleansing and freshening ingredients are combined by secret formula—and faintly perfumed.

The result is a smooth, light cream that liquefies as you apply it and penetrates deep into the pores. It gently loosens all dirt and grime, toning and firming the skin. It leaves no greasy after-film when you wipe it away. There's no complexion-aid quite like it. A single jar will help you far along the highway to happiness! 50c and \$1.25 at your dealer's. Ask him about "Find Yourself"—the book that makes beauty a game.

ARMAND

Kellogg's
ALL-BRAN

DON'T NEGLECT DAILY ROUGHAGE

Kellogg's ALL-BRAN Will Supply It in Generous Quantities

There's danger in diets that lack bulk. This roughage is absolutely necessary to keep well. Without it constipation begins its deadly work. Unless prevented its poisons will ruin health, steal beauty, blast hopes.

Sallow complexions, headaches, listlessness are signs that constipation is present. But these can be banished—health and vigor can be regained by eating Kellogg's ALL-BRAN.

Kellogg's ALL-BRAN is 100% bran and is 100% effective. It is guaranteed to bring natural, sure

relief. Eat two tablespoonfuls daily—chronic cases, with every meal. Doctors recommend it.

A delicious cereal to serve with milk or cream. Delicious in cooked dishes. Recipes are on the package. Your grocer sells ALL-BRAN. Hotels, restaurants and dining-cars serve it. Made by Kellogg in Battle Creek.

Kellogg's ALL-BRAN is 100% bran and is 100% effective. It is guaranteed to bring natural, sure

The Color Wave
Strikes Sandwiches

The growing enthusiasm for color everywhere has extended clear into the insides of sandwiches! Rice's Bread lends itself beautifully to interestingly colored sandwiches because its fine-textured snowy crumb contrasts vividly with any of the gay and tempting sandwich fillings. Colorful filling suggestions are: pimento puréed and seasoned; spinach puréed and highly seasoned; yellow cheese grated; crimson jellies; chopped green olives; beige anchovy; purple grape jelly; tinted cream cheese.

Rice's Slices Save
Time—Money

Progressive housewives are demanding in their homes waste-saving and time-saving methods. That is why so many women are buying Rice's Slices—cut by machinery. Every slice is of even, uniform size, and not a crumb is wasted in cutting. Try it for breakfast toast and for lunches!

Rice's Slices stay fresh—just tuck the gay waxed wrapper under the cardboard tray.

"Stays Fresh Longer
Than Any Other"

"My next-door neighbor who has just moved here, told me she couldn't find any bread which suited her. She had tried four or five kinds and she wasn't satisfied with any, and asked me what I used."

"My dear," I said, "When I first came here, I had the same experience, but one day I got a loaf of Rice's and my bread troubles were over. Rice's has a sweet, nutty flavor, which I found in no other. You can slice it thin or thick, without having the whole loaf squeeze out of shape, and it is never crumbly. It is moist enough to be tasty, yet never the least doughy, and it stays in that condition longer than any other."

The next day my neighbor again called me, and said she had tried Rice's Bread and found it all I had said."



Mrs. GEORGE FREDERICK HARVEY,
2017 E. 31st Street.

The Correct Way to Serve
Bread at Luncheon

The first requisite is, of course, that bread be of the finest quality. For good bread "makes" even the simplest meal. It should have a fine, white crumb that tastes of wheat and sunshine. One of our customers of many

"She Gave Them Some Broth Without Any Bread . . ."

Science Proves That
Bread Was What
They Needed

The Old Woman Who Lived in a Shoe really should have balanced the children's meals better. The trouble was they hadn't enough energy food to supply the demands of their active, little bodies, and so they were always unhappy and fretful.

She should have given them, with the broth, crunchy, golden-brown toast. Melba made of thin pieces of Rice's Bread browned slowly in the oven. For being made of fresh milk, Rice's toasts a lovely color. Or delicious snowy slices cut generously from a big Rice's Split Top Loaf.

And the older children—say from two years up—could have helped make animal sandwiches, which are thin, thin slices of Rice's Bread and butter turned together (jam or jelly, too, is fine). Children love to stamp them out with the inexpensive animal cookie-cutters.

These thick suds mean
whiter, brighter washes

If you're fussy about the whiteness of your linens—change to Rinsol. Its creamy suds soak clothes whiter than you could scrub them. Keeps your hands out of hot suds.

And Rinsol is so economical! Cupful for cupful, it gives twice as much suds as lightweight, puffed-up soaps because it's so compact. Clothes last longer the Rinsol way. They're not boiled or scrubbed threadbare. Get the BIG household package. Rinsol is recommended by the makers of 37 leading washing machines.

Guaranteed by the makers of LUX—
Lever Brothers Co., Cambridge, Mass.

Rinsol
The granulated soap
for tub or washer

Nemo-flex
KOPF BROS., Inc.
New York, Chicago, San Francisco
Boston, Toronto, London