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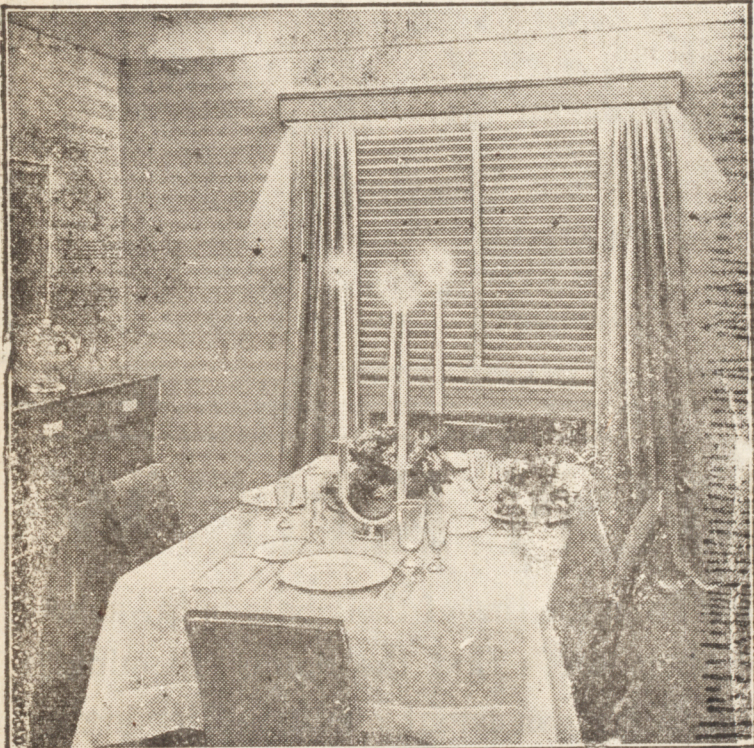
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Here's a New Way to Have Candlelight Without Gloom or Glare

By Jean Prentice



Candlelight gives a pleasing effect, but often is tiring to the eye. Concealed light coming from behind a drapery lambrequin, as shown here, softens the brilliance of the candles and enhances the general scheme.

THE dining room in the average home has come to be the "coast of many colors." Sometimes it must be the efficient study or game room, or even the sewing room, for often the table is the only area in the house big enough for cutting. Again it is the family dining room, and in this use it must take on the more festive atmosphere suited to the afternoon tea, buffet supper, or formal dinner party.

Lighting Can Be Flexible

One ceiling lighting fixture—even one of those fine modern ones—is scarcely resourceful enough to serve all these varying demands equally well.

Many a homemaker prefers eating by candlelight, and usually does, when entertaining. Now there is no gainsaying the fact that dining by candlelight is delightful and most desirable. However, unless there are many candles of the taper height in the room, candlelight alone is tiring to the eyes and annoying to many people, and, almost always, hasn't been observed to

the men. The thoughtful hostess certainly wants the charm, but not at the expense of her guests' comfort. Fortunately there are lighting compromises which will insure both delightful and comfortable effects in any setting.

Variety of Effects Possible

The flickering light of the candles—and you know it is usually right at the level of the eyes—needs other light in the room, soft and unobtrusive, to be sure, and of small amount so that the sparkling brilliance of the candles will not be wiped out but merely softened. This additional light may come effectively from carefully shaded wall brackets, from indirect urns, or still more subtly from behind drapery lambrequins. The latter method is the newest, and is becoming extremely popular. It employs a concealed metal trough equipped with several of the soft luminescent lamps, and sheds a soft radiance that is really a joy to behold. Any good electrician can install it for you in very little time, and the cost is quite moderate.

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...OF...

Interest to Women

MARRIED COUPLES WHO QUARREL ARE PLAYING WITH DYNAMITE

(By Edith Johnson)

My first quarrel with my first husband was my last one—it put an end to our marriage, and so, my dear, I warn you never to let that first quarrel occur.

"Remember this," continued this twice married and now mature woman speaking to a bride, "every quarrel is a step backward. Take it, and you may not be able to retrace it. At least, it was so in my case."

Would the older woman have changed her mind if the bride had flourished before the eyes of her friend and counsellor these words from Tennyson's poem, "The Princess"?

"As through the land at eve we went,
And plucked the ripened ears,
We fell out, my wife and I,
Oh, we fell out I know not why
And kissed again, with tears,
And blessings on the falling out
That all the more endears."

If, before starting to quarrel, we knew just how far we would go and how much we might say, quarrelling would be a less dangerous sport.

A man or woman may lose their

temper and say things they do not mean. In that case love may rush to the rescue.

"You know I did not mean a word of it," may clear the atmosphere. There is an exchange of "I'm sorry's" together with tears and kisses, and all is well once more.

But if, in a moment of angry excitement, one hurls out a terrible truth, the result may be devastating.

Nothing can wipe out the impression left upon the mind of a woman who, having been told she is unattractive, looks into her mirror and finds confirmation. And every time a man whose wife has told him she married him only for a meal-ticket hands her a dollar he is bound to feel the love she vowed at the altar was bought by him.

People who quarrel are playing with dynamite. Unless there is complete forgiveness, followed by forgetfulness there remains what we speak of as "strained relations," almost as painful as quarrelling itself.

No couple, therefore, should end the day without making a gallant effort to patch up their differences, and like Tennyson's lovers, "kiss again with tears."

TIMELY TIPS FOR TITIAN TRESSES

Beauty Advice Ignored Redheads So This One Worked Out Her Own System

(By Antoinette)

Our attention was called recently to our neglect of the redhead in giving advice. Winifred Dunn, Hollywood film writer, who is a lovely young redhead with creamy skin and green eyes, says she had to work out a program for herself. So, we thought passing on her system might be of interest to other redheads.

1. "Hair being the thing that sets the redhead apart, it should be made the most of," Miss Dunn advises. "Mine is washed once a week, after leaving oil on the scalp overnight. I never once have had my hair under a drier. And I brush my hair every night."

2. I let my hair rule my wardrobe, selecting colors that do the most for it. But every season I let myself go on one dress that is hard to wear remedying the difficulty with a skillful makeup. It's good discipline.

3. Skin. Every redhead knows the bugaboo that freckles, sunburn and large pores present. My favorite protection is a preparation I invented myself, composed of equal parts of cocoa butter and my own face powder. I melt the cocoa butter, being sure not to let it get smoking hot. I use about three tablespoons and mix in an equal amount of face powder and stir to a smooth paste. I let it cool and remain in a cold cream jar. Simply spread it on exposed skin before making up. It keeps you from freckling and I find it a wonderful powder base.

4. Makeup. I use a tangerine lipstick on both lips and cheek. I use green eyeshadow and brown mascara lightly on my lashes, and an ordinary lead pencil on my brows. I use banana colored powder when I'm not tanned, and rose bronze when I am."

FATIGUE

The body which is tired out is suffering from fatigue, and under such conditions the brain as well as the body desires to be excused from any further exertion. Fatigue is one of the strongest allies of germs which cause disease, because a tired body like a tired army cannot stand up to an attack with any keen sense of ability to win through.

All mental and physical exercise is accomplished by the expenditure of energy. Energy is created by the body processes utilizing the food which is regularly supplied. But there is just so much energy on tap at a given time and if the expenditure out runs the supply or is called upon for too sustained an effort, a feeling of utter tiredness, which is fatigue, is bound to follow.

It is well known that germs which may cause disease commonly lurk about the mouth and nose and no doubt in other parts of the body also but are normally resisted from doing any damage by a well nourished system which provides antibodies which hold the germs in check. When the body, however, becomes overly tired, resistance to infection is lowered and then the germs begin their advance and disease and illness may follow.

Fortunately indeed is the person whose body and brain are always equal to the demands placed upon them. Fortunately also are the persons who find it possible to arrange their lives so that utter tiredness is rarely or never experienced.

At the end of a busy day it is quite natural for a person to experience a tired feeling which produces pleasurable anticipation of rest and sleep. That is normal and healthy, but fatigue, a feeling of being utterly tired out, exposes one to risks which

HOUSEHOLD TIPS

To Prepare Orange Juice

Take 6 large, juicy oranges, cut off the top, and with a knife push 1 teaspoon fruit sugar down among the orange pulp. Place oranges in plate in refrigerator until ready to use. Serve in the orange cups, using straws with which to drink the juice.

Prepare Pimento Cheese Sandwiches

Perhaps mother will cut the white bread for you. Then take a cookie cutter and cut bread into rounds. Butter these rounds, and spread them quickly with the pimento cheese. Make twelve of these sandwiches. In the centre of each place a sprig of parsley. Cover them with waxed paper until ready for use.

To Prepare Layer Sandwiches

Spread with butter 6 slices brown bread and 3 slices white bread, after cutting off the crusts. On a brown slice place a layer of peanut butter, cover with a buttered white slice. On this slice place a layer of marmalade and cover this with a brown slice. Make three of these layer sandwiches. When ready to use cut in thin slices right through and cut these slices in half. Serve the ice cream in small plates garnished with a little lettuce. Serve the vanilla wafers, which you have iced yourself.

To Prepare Icing

Take ½ cup icing sugar, place in a bowl, add 1 teaspoon butter and 3 tablespoons hot orange juice, just enough so that the icing will spread easily. Stir up well, then cover each vanilla wafer with some of this icing using a small knife to do so. This may be done in the morning.

should be avoided if at all possible.

There are occasions in life when emergency situations arise demanding performance of duties which lead on to extreme fatigue. A decent person doesn't whip a tired horse. He gives it rest. And a wise man doesn't lash an already weary and tired body.

Rest is as essential as food and drink. You may think you are a super person who never tires but against modest rest you pay a price for over-expenditure of energy. It is best to play safe.

CUPID DOES HIS BEST WORK IN BUSINESS OFFICE

Get Yourself A Job If You'd Avoid Spinsterhood

(By Beatrice Fairfax)

They've been gathering statistics lately which seem to prove that one of the surest ways to get married is to hold a job. A very large number, proportionately, of jobholders become brides, it has been discovered.

Ordinarily one doesn't think of the world of business, as one does of the social world, as being a marriage market.

But when you come to consider it, where could a wise young man most sensibly look for a bride? Doesn't an intelligent, industrious, capable and charming young wage-earner prove her fitness for marriage much more plainly than the girl who sits idling at home with her ear glued to the telephone in the hope of securing "dates"?

However, you will tell me that men do not always deliberately choose their brides for this or that quality. You may insist that very often love just happens. And you will be right.

But from this point of view also, the business world is a good friend to the unmarried girl. A man is more likely to fall in love with the girl at the next desk than with the even prettier damsel he has to travel ten miles to see on Sunday. Proximity has long been valued as a marriage-maker.

Don't feel you're condemned to spinsterhood if you're not having a debut and titled suitors. Just walk out and get a job.

An Arabic Proverb

He who knows and knows that he knows.

He is wise—follow him.

He who knows and knows not that he knows.

He is asleep—wake him.

He who knows not and knows not that he knows not.

He is a fool—shun him.

He who knows not and knows that he knows not.

He is a child—teach him.

Fashion, footnotes are varied. Shoes which fit like stockings, molding the foot and rising high on the instep, are news. Leather which stretches, or insets of elastic fabrics, achieve this fit. Bow-knots on ankle straps are smart. An evening slipper in Directoire style is of pale blue kid, laced to just below the knee with criss-crossed bands of pink ribbon.

The Poorest Family in Canada Can Afford This Relief

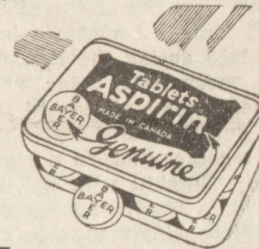
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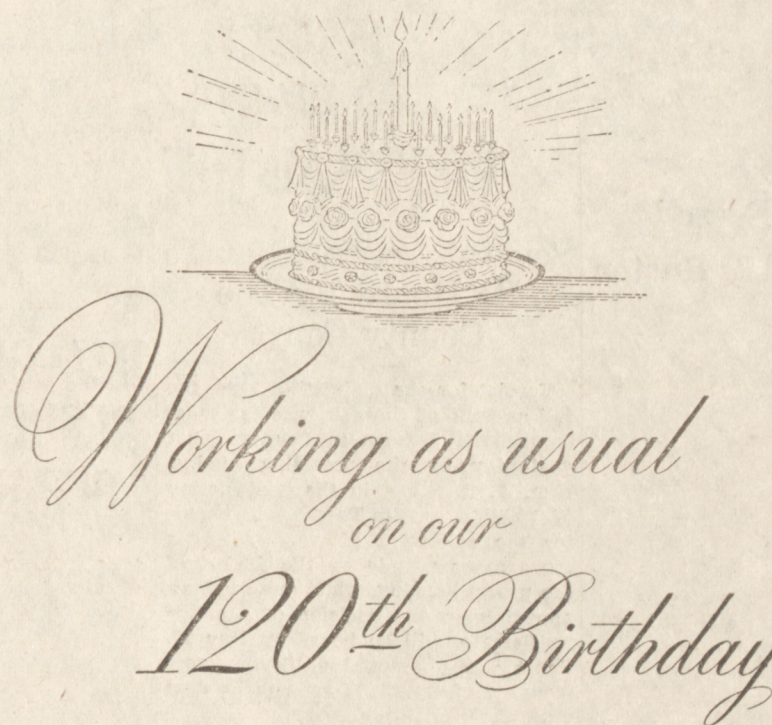
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