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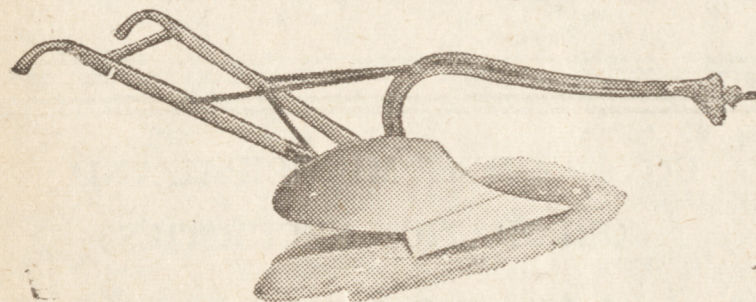
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Interest to Women

JOB HUNTING? RESTRAIN CHARM

Go Easy on Cosmetics and Wear Your Best Suit

You're trying to get a job. Perhaps you're one of this year's college graduates. Or perhaps job-hunting is an old story. In either case, you get out your best suit, give yourself a shampoo, and put on your brightest look. For the success stories tell you personality will get the job.

They're right, young lady—but you must remember that personality implies good grooming as much as a sparkling enthusiasm.

So, when you get out that best suit be sure it's conservative in cut and color, and pressed neatly. Your blouse must be spotless.

And if you're the sort of person whose blouse is forever parting company with your skirt, wear a tailored dress.

Don't forget to wear your hat and gloves. Your employer to be may want to see if your gloves are as

neat as the rest of your outfit. It doesn't always follow.

And keep your hat on, even if you feel your golden curls really should be shown. Your executive may not be that susceptible.

This is no time to experiment with your coiffure. The way you've been wearing your hair probably is as good as any. And you'll look more natural.

Better get your new wave a few days before job-hunting begins, again. It's the naturalness that counts.

Don't confuse your brightest look with the brightest of cosmetics. Employers, as a rule, are ultra-conservative. They don't mind a bit of lip, stick and a mild application of rouge, but most of them object to flashy nail polish. Clean hands and neat manicuring are far more important than colored nails.

RICE PUDDING WITHOUT RAISINS? IT'S AN INSULT TO LITTLE JACK HORNER

It's So Easy to Make it in the Time-Honored Way If You'll Read and Remember

(By Frances Blackwood)

Jack Horner would have had a dull time with rice puddings of today.

Jack, you recall, is the lad who delighted in fishing plums from puddings and pies with his thumb. Maybe mothers tried to discourage this habit and that's the answer to the mystery of the disappearance of the raisin in modern rice puddings.

Ask any child of yesterday to dip a spoon into that delicious old favorite and then watch the expression of loss and bafflement when the spoon rises without even so much as one raisin. You will know then that you are cheating today's child of one of the heartwarming joys of life as well as a few vitamins and a modicum of iron.

Really, it isn't hard-heartedness that has made raisins disappear from rice puddings. It is a tendency for the pudding to curdle when raisins are included. Sometimes rice and milk and sugar and raisins may be all huddled together in a pan and baked with perfect results. But often the addition of raisins causes the milk to 'separate' and then the family won't eat it because it doesn't look pretty.

Making a good rice pudding is an art. But such a simple one!

Pour a full quart of milk into a deep, buttered pudding dish. Add two tablespoons of rice. Just two, if you like a perfect creamy pudding. Add half a teaspoon of vanilla, half a cup of sugar, and a dash of nutmeg.

Rinse the raisins in boiling water and add them at this point. If you like a lot, use a scant cupful. If you like them just every other spoonful, use half a cup. Let them stand in the boiling water a moment or two and then drain, pat dry and add to the pudding.

An alternative is to add them, after rinsing and drying, about 30 minutes before the pudding comes from the oven.

Put the pudding mixture in a slow oven, 250 F. is about right. Then go about your other duties. But don't forget the pudding; come back to it every half hour and give it a deep stirring from the bottom of the pan. Stir in all the creamy portion that forms on top. Let it bake for two and a half or three hours. Don't stir it during the last half hour.

Chill it well before serving, and you will have one of the simplest and most delicious desserts imaginable.

NECK BULGE MARS CHIC ATTIRE

Check Up On Posture If You'd Look Your Best In Fall Clothes

(By Antoinette)

With fall clothes at hand, don't you think it about time to give yourself a scrutinizing glance, from head to toes, to be sure there are no bulges?

Many women who are ever so particular about keeping their hip and waist line under control are oblivious to the forming of a lump on the back of the neck, commonly known as the 'dowager's hump.'

This lump is very often the result of poor posture. You get the habit of slumping, your shoulders are rounded and chest caved in. You may carelessly loll over a desk or a typewriter without thought of posture, so intent you become in the work on hand. But while you're doing it there is forming this hump, which is not only ageing but which destroys all possibility of smartness in clothes.

Get back to the tried and true posture rules of walking with toes pointed straight ahead and chest up. This, together with a few exercises will set you right.

Assume correct standing position. Raise arms to horizontal position, hands up. Make small rearward circles, eight to ten inches in diameter, forcing shoulder blades to the rear, relaxing on the forward part of the circle.

Next, lie flat on the floor, face downward. Extend arms to the side, horizontally, palms down. Raise arms slowly backward, upward, forcing the shoulder blades together for a few seconds, then lower. Get so you can do this quickly. Stand. Stretch arms full length at sides, even with shoulders. Describe large circles, then clap hands alternately in front and back.

Your's to Command

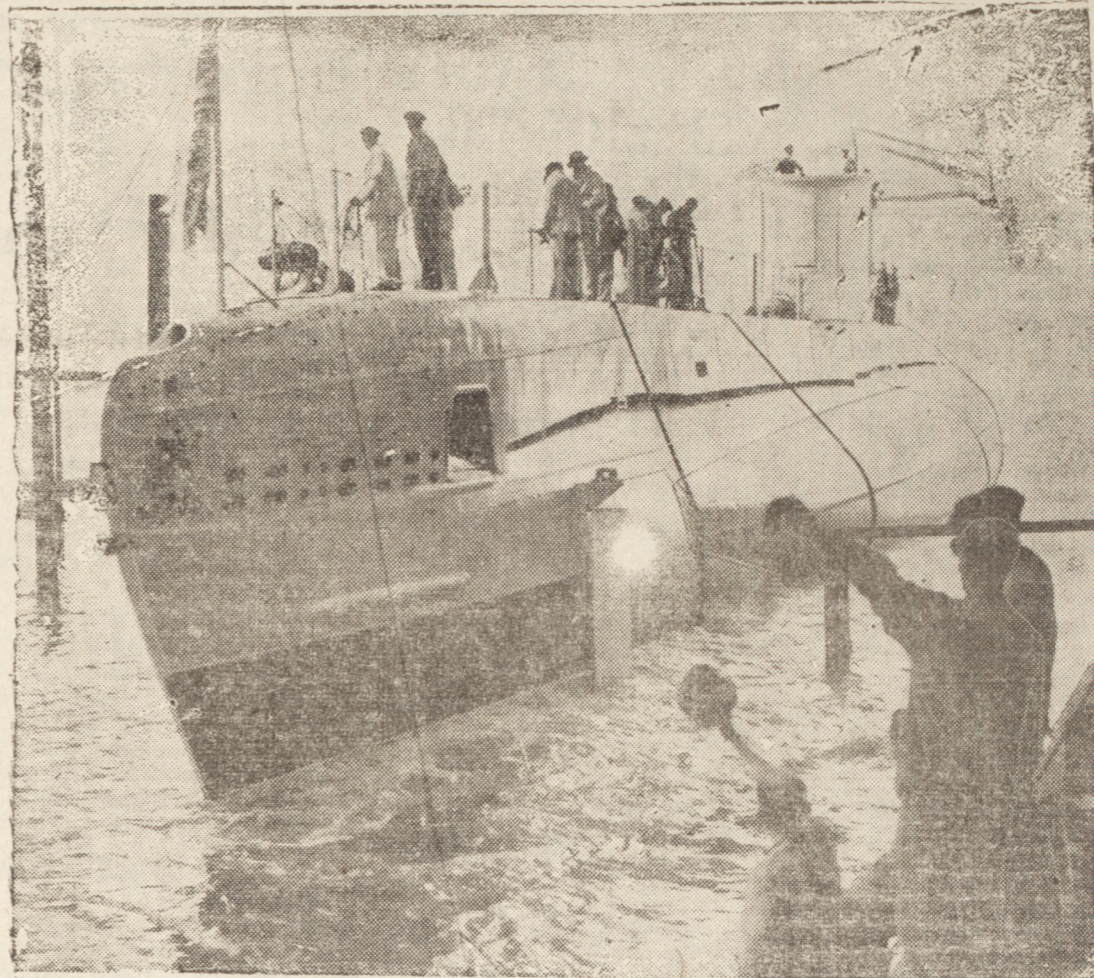
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Admiral C. P. Talbot, Director of Dockyards. The vessel is of the Sword fish class, with a displacement of 670 tons.

WORRYING BAD FOR ONE'S LOOKS

Learn to Look on Bright Side If You Want To Stay Young Looking

(By Antoinette)

The constant worrier will do well to give her face a searching glance, and, if for no other reason than the devastating effect worry has on her looks, she should learn to accept the daily happenings of life more philosophically.

Worry puts those unbecoming wrinkles in the forehead; it contracts the brows. The worrier goes around looking as though she were carrying a grudge or else a load much too heavy for any human to shoulder.

Worriers get to the point where they are fearful some dreadful thing might happen, so much so that they allow fear to dominate them. In the majority of cases all the worry is about something that never really happens.

Anger and discontent are other things that mar beauty. The discontented person is easily picked out in a group. The mouth is set in ugly lines with mouth corners drooping.

The eyes carry a look of unhappiness and they are dulled. The face is without any semblance of good cheer or gaiety, much less beauty. And discontented persons are the ones that most people like to avoid for they are unable to find pleasure in anything.

This discontent and inability on the part of the person to adjust himself to life is reflected in the face, destroying any beauty that nature may have planted there.

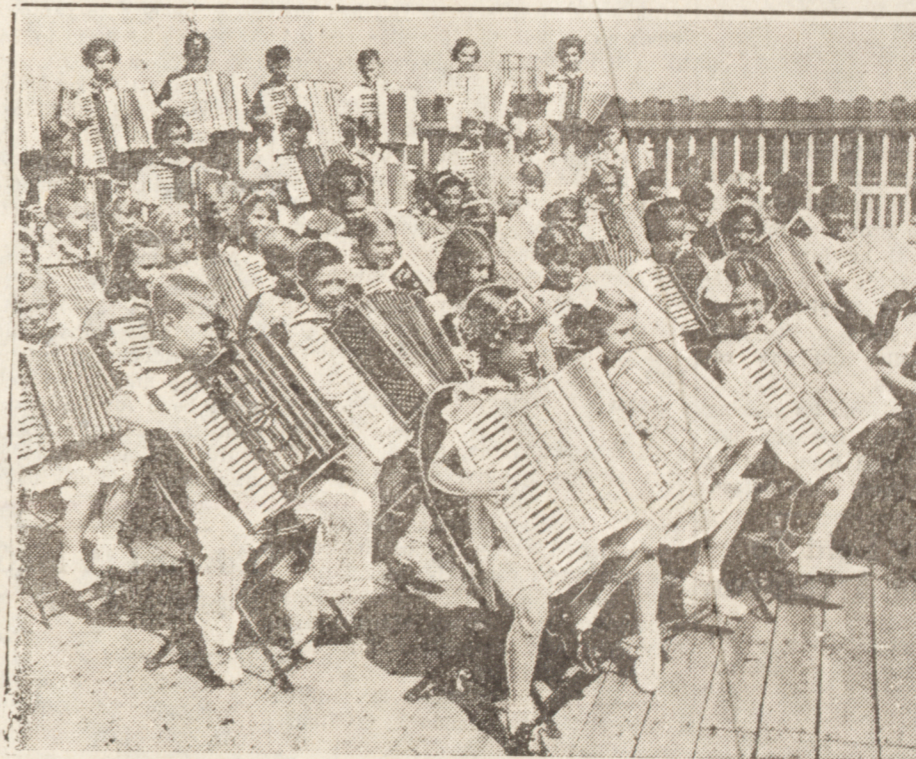
On the other hand there is nothing that gives the spirits the lift that contentment does, nor is there anything that is so delightfully reflected in the countenance.

After all there is much about this world that is beautiful. We want to learn to look on the bright side, keep the lines and wrinkles out of our faces. Even massage will not offset these enemies to beauty if you are a worrier or a discontented person and refuse to change your views and your ways.



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