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... OF ...

Interest to Women

ODD FADS AND FANCIES IN XMAS CARDS

Members of British Royalty Send Individual Greetings Much Prized by Recipients

(By Dorothy Dunbar Bromley)
A Christmas card can mean much or it can mean little. Sir Henry Cole introduced the modern custom in 1854 when he sent out cards designed especially for him by a member of the Royal Academy. This custom has been observed for many years by the individual members of the British royal family. They send out handsome cards that are prized for their signatures.

Queen Mary's card always pictures a garden, than which there could be nothing more English, and King George's this year patriotically features a review of the fleet at Spithead. Last year the Duke of Windsor broke with tradition and gave his card a personal flavor. He chose a nostalgic picture of the Cliffs of Dover from which he had sailed away under cover of night.

Royal Christmas Cards

Some say that Edward had intended, had he remained on the throne, to send out instead a card picturing Edward III adjusting the Countess of Salisbury's garter on his own leg and saying to his jesting courtiers, 'I don't so it qui mal y pense.' Coming from Edward VIII, who claimed the right to love and marry as he chose, the card would have had its bite. It was actually printed and it may be seen today in the 1936 album of the Raphael Tuck Co., which makes all the royal Christmas cards. As events turned out it was never used, and now there's a question whether it was originally ordered by Edward or his brother, George.

Perhaps if Edward had chosen Christmas as the occasion for telling his fellow countrymen that evil is to him who evil thinks, we might have followed suit in this country and reverted to the extremely personal type of Christmas card which has gone with the snows of the inflated twen-

ties. Remember the tricky elaborate drawings that strained for humor rather than artistry and attempted to give you a bird's eye view of the sender's life and works? You collected these cards as curiosities, but with the feeling that many were a form of self-advertisement.

People still like to broadcast cards featuring their pet dog or their little gray home in the country. I have been tempted myself to ignore the season as Queen Mary does and send my friends a photograph of lilacs against a weatherbeaten house.

That would be straying rather far afield, and I've decided, after looking over cards published by the American Artists' Group, to stick to Christmas and wintry scenes, seen through the eye of the artist and not the camera. These cards are excellent reproductions of the work of contemporary American artists. Many of them are excitingly beautiful and they ought to give the public a new appreciation of our indigenous American art which has freed itself from cultural subjection to Europe.

Ideally a Christmas card should make some appeal to the spirit. Religious cards picturing the Nativity, the Three Wise Men and the Star of Bethlehem have their special significance, and I'm interested to hear from greeting card manufacturers that the demand for such cards is on the increase. Christmas is essentially a religious festival, whether you look at it devoutly or historically. Since it is, I'm against cards bearing such verses as:

"You may think that you're forgotten
Till a tooth begins to ache.
But here's a cheery greeting
Just to show you your mistake!"

I know that there are all kinds of ways of saying Merry Christmas, but I hope no one says it to me this way.

NOVEL USES FOR WALLPAPER

It Can Dress Up A Glass Top Coffee Table Or Make A Decorative Screen

It doesn't take a lot of money, but it does take ingenuity and a sense of the artistic to beautify a room. Unusual things can be done with wallpaper.

For instance, decorators have found wallpaper effective when used on valances when both walls and draperies are solid color. This idea can be carried a step farther by using a matching border at the top of the wall nearest the ceiling as a sort of camouflage molding.

If you like screens and don't want to go to a great expense, it should be a comparatively simple matter to have a carpenter make a screen and then use panels of vivid floral or scenic paper. These papers are good, too, for doing over an old screen. A screen done in vivid colors lends a glowing note to a dark room.

Then there are special papers, highly glazed, that are adapted to covering window shades. The right

paper cut out to fit the top of a coffee table and then placed under the glass top is one solution to the problem how to make an old table look new.

In the boudoir, too, it can be used in the same manner under the glass top of a dressing table. This dainty touch can be carried even further by using wallpaper to cover the telephone book or cabinet, also waste baskets.

The amateur decorator who carries her decorating ingenuity down to the minutest detail finds lining drawers with floral paper is attractive.

Often wallpapers are used to dress up alcoves and panels even in rooms with solid walls. In apartments where dining room and living are one frequently that section of the room given over to dining can be made to look like a separate room just by papering that wall space. Often, too, a room that is very long can be made

ANKLES NEED ATTENTION

Proper Exercise Will Give You Stream-Lined Limbs In A Short Time

(By Antoinette)
New skirt lengths seen these days would not be chic without neat legs and ankles. There are excellent exercises for trimming down your limbs to make them an asset. Here are a few:

Stand erect, hands on hips. Advance right foot, rise on toes, and rock back and forth. Do this ten or fifteen times. Reverse, advancing left foot, and rock.

Assume correct standing position. Bend right leg backward from knee. Grasp ankle with right hand and, while standing erect, hop ten times on left foot. Reverse position and hop on right foot.

Stand erect, hands on hips. Raise

right leg and bend at knee. Swing in a circle, with quick movement, keeping toes pointed downward, swinging only from the knee. Repeat with left leg.

In many cases, thick ankles may be attributed to lack of exercise. The muscles become flabby. A few minutes a day devoted to slenderizing exercises will bring gratifying results in a short time. You may begin such exercises in your bath.

Keep knees stiff, with feet and toes stretched as far as possible, toes turned slightly in. Bend ankle outward and back, bringing toes as near to you as possible. Quite a pull on the calf muscles will be felt when this exercise is done properly.

WHY WORRY? IT'S SO FUTILE

Majority Of Orientals, In Fact, Don't Even Have A Word For It!

(By Edith Johnson)
Perhaps you are a victim of worry because you have not faced the source of it, like the man who complained his business was going badly because of high rent, high taxes and high labor costs, when the real trouble was his married life.

As worry wants nothing better to feed upon than solitude, companionship is an excellent antidote if it be of a cheerful brand.

Do you know that the majority of Oriental languages have no word that means 'worry'? The nearest they come to it is 'meditation,' which, after all, is a very different thing. What they do is 'concentrate' on a problem in the light of an abiding faith in the goodness of the Eternal.

You have heard of ageless people. You know several and you may turn out to be one yourself. Invariably they make a point of fighting off worry no matter how great their troubles and griefs.

Fear they turn into foresight, dread into deliberation. As they see it, what

cannot be cured must be endured, or better still forgotten.

to look shorter by papering one wall at the far end. Bright papers, especially in yellow tones, will give the illusion of sunlight to a room that is anything but bright.

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REDUCED
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FARE AND A QUARTER FOR THE ROUND TRIP

Good going Thursday, December 23 until 2 p.m. Sunday, December 26. Return limit to leave destination not later than midnight, Monday, December 27, 1937.

Also good going Thursday, December 30 until 2 p.m. Sunday, January 2. Returning to leave destination not later than midnight, Monday, January 3, 1938.

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Good going Tuesday, December 21 until Sunday, January 2 inclusive. Return limit to leave destination not later than midnight, Friday, January 7, 1938.

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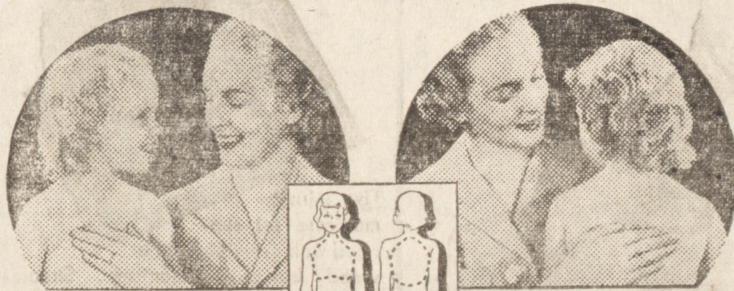
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The 3-Minute VapoRub Massage

Massage VapoRub briskly on the throat, chest and back (between and below the shoulder blades). Then spread it thick over the chest and cover with warm cloth.

Almost before you finish rubbing, VapoRub starts to bring relief two ways at once—two direct ways:

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2. Medicated Vapors. At the same time, its medicated vapors, released by body heat, are breathed in for hours—about 18 times a minute—direct to the irritated air-passages. This combined poultice-and-vapor action loosens phlegm—relieves irritation—helps break congestion.

During the night, VapoRub keeps right on working. Often, by morning the worst of the cold is over.

Avoids Risk of Stomach Upsets This safe, external treatment cannot possibly upset the stomach, as constant internal "dosing" is so apt to do. It can be used freely, as often as needed, even on the youngest child.

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Mothers! Look in your VapoRub package for full details of Vicks Plan—a practical home guide to greater freedom from colds. In clinic tests among 17,353 people, this Plan cut sickness from colds more than half!

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