

...OF...

Interest to Women

MODERN GIRLS QUIZZED ON WHAT VACATION MEANS TO THEM

Fair Young Things Return To Town After Thrilling Holiday Experience—All Went For a Good Time

(By Fred Vytal)

"Hello, Marge. Just back from your vacation? Did you have a good time and a lot of rest?"

"Gee, I had a swell time," Marge replies. "I'm dead. I've been on the go ever since I left. Bathing and other sports all day and dancing every night 'way into the small morning hours."

"And gee, Ruthie, I met the swell-est fellow!"

Such may be the conversation in the office as one of the fair damsels reports on her vacation of two weeks.

A great many people consider the vacation period as one for rest. During 50 weeks of the year they are duty bound, they have work to do, salaries to earn. In the fortnight off they plan to do just as they please.

This in itself is a change in living conditions and provides them with relaxation which in turn means rest.

But to the modern girl, does a vacation mean a time for rest? Or does it mean a time for romance? Your attractive young thing of today has very definite ideas on what she wants to do on her vacation.

Your observer, being equipped with something of an inquisitive turn of mind, decided that the matter was of considerable importance and would bear investigation.

With the summer vacation season over, the time had come to check up on what had been transpiring with the fair young things at seashore, mountain and lake resorts.

Of course, some girls prefer other seasons for vacations. In the fall there's motoring, hiking, horseback riding. In the winter there's skiing, snowshoeing, trips to Southern playgrounds. In the spring there are cruises to tropical waters. Summer in New England, however, attracts by far most of the girls for the weather is favorable for many outdoor activities.

Go For Good Time

The questions asked a number of single girls were in effect: Did you plan your vacation to get a lot of rest and thus store up energy for the rest of the year's grind in the office? Or did you go off to your favorite resort intending to keep an eye out for a new boy friend?

Needless to say the frankness of these queries startled some of the damsels. But catching the spirit in which they were asked they were just about unanimous in saying, "I went for a good time."

It must be admitted that such a reply is quite a bit indefinite. Everyone off on a holiday intends to have a good

time. So the girls had to be pressed for a more descriptive answer.

"Well," they would finally admit, I did expect to meet some interesting fellows—and I did."

"Most girls go on vacation for romance," she answered. "A girl will spend weeks preparing for her trip. She is careful to replenish her supply of cosmetics, she buys some smart clothes, she gets herself a permanent wave and in other ways gets ready to knock the boys off their feet, in a manner of speaking."

"Whether she is at the shore or at a lake, she is careful to keep herself perfectly groomed and is pleased when the boys pay attention to her."

"Usually two girls team up on a vacation trip. There are a number of reasons for this, one of which is economy in sharing expenses. Besides, if the resort happens to be devoid of desirable males, they at least have one another's company."

"Results are ordinarily obtained by the second day. Some fellows are certain to become interested and from then on there's one date for another. During the day the two couples will be together boating, swimming, visiting and participating in whatever sports that may interest them."

"In the evening there's dancing, of course. Here the girl is right in her element for she has a chance to display her finery and let me tell you that the young girls at a summer dance pavilion present a strikingly beautiful picture."

"Given moonlight and a likeable boy and your sweet young thing's heart is filled with joy. Sleep and rest are of secondary importance. She is on the go every waking moment."

"There's a touch of the eternal feminine in every girl, and she is at her happiest when with a boy. On vacation, her time is her own and she is content."

No wonder so many girls come back to town from vacation all tired out. But they are happy, and that is what counts.

From all this, it may reasonably be concluded that a girl's vacation is successful if it includes adventure with new men. The fellows at home are all right, of course. They are always at hand when required. But the thrill of making new acquaintances during vacation time is something few girls can resist.

Then again, there is always the possibility that the summer romance may be prolonged through the fall and the rest of the year. Many a summer acquaintanceship has developed into friendship, then ripened

into love and eventually there are wedding bells.

Deep down in the heart of every girl who ventures out on a vacation is the hope that she will meet the man of her desire. Oftentimes she does, and—as they say in novels—they lived happily ever after.

When a girl sums up her vacation thus: "Had a grand time. I'm exhausted. Met the sweetest boy," you know that everything came up to her expectations.

Let whoever goes on vacation indulge in whatever he or she pleases—your modern girl will take romance, if you please. During the two weeks holiday, rest is something to avoid.

Should the summer romance end in a trip down the aisle to face the preacher, a problem arises when the next vacation period arrives. It is a situation that concerns every married couple: Should husbands and wives take separate vacations? Some folks have violent views on this subject, but as far as your observer is concerned he is attempting no answer.

Suffice it to say, let the girls have their fill of romancing—on summer vacations or at any other time. There is plenty in this humdrum life of ours that calls for serious application. The thrill of a romance has its place in the scheme of things and the young are entitled to their share.

Rest or romance on vacation? Give us romance every time," say the girls in unison. As you will.

AT ROSS DRUG COSMETIC COUNTER TO GET IDEAS

Smart women this coming fall and winter will use deeper shades of lipstick, rouge and nail polish, with definite blue rather than flame yellow undertone, according to Miss P. Murphy, who recently was in New York for a week attending the Elizabeth Arden School of Beauty and Cosmetic Fashions.

While at this famous summer beauty school she learned the latest intriguing trends in New York makeup fashions for the coming season, as well as how to use the newest Elizabeth Arden preparations. Miss Arden, who has just returned from Europe, also brought these classes exciting news of her many interesting beauty discoveries in Paris and London this spring and summer.

Miss P. Murphy who has now resumed her duties here at the cosmetic counter of the Ross Drug Store reports that since the "upward and onward" movement in fall millinery, the dashing new 'profile' hats, and intricately high-draped turbans all will focus special attention on feminine eyes, Elizabeth Arden suggests highlighting them with subtle but glittering eye shadows. This added emphasis on eye makeup also reflects

the elaborate richness and glamour of the amusing 'turn of the century' clothes which promise to be so popular next season.

To harmonize with the autumnal theme trend in fashion, Miss Arden forecasts that the shades of lipstick and nail polish makeup will be favored. Although ordinarily there is a swing each fall toward deep rust and henna shades of lipstick, rouge and nail polish to set off the woody green and brown costumes effectively, Miss Arden told her beauty classes that this year makeup will have definite blue undertones to harmonize with the lovely, subtle blue undertones in the fashionable new costume colors. Last year, for example, yellowish green was a smart costume shade, while this season dark blue greens are considered chic.

Among the lovely lipstick and rouge shades to harmonize with the new colors are Victoire, a slightly blue red that is excellent for general wear or with black, and reds of similar tone, the new Royal shade, which is a clear, flattering red, and Viola lipstick with American Beauty rouge, both ideal with blues.

Several hundred sales girls from stores throughout the country went to New York for a week this summer to attend the Elizabeth Arden School of Beauty and Cosmetic Fashions during its six weeks' session.



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POSSIBLE DANGERS IN ABDOMINAL PAIN

By Dr. Herman N. Bundesen, Former President American Public Health Association.

When grandfather was a boy, and ate green apples, just as boys do nowadays, he had pain in his abdomen. His parents called it a stomach ache, and the doctors of that day usually called it acute indigestion, but the disturbance we nowadays call acute indigestion seldom causes abdominal pain.

Persons who have regular or even occasional attacks of pain in the abdomen, are probably suffering from some disease much more serious than simply indigestion from wrong eating.

Inflammation or irritation of any of the various organs in the abdomen may result in attacks of pain. The pain may be due to irregular action of the muscles in the wall of the stomach or bowel, and it is the contraction of these muscles which produces the painful sensation.

Usually, together with pain, there are other symptoms, such as sick stomach, vomiting, and the formation of excessive amounts of gas. It would take several pages just to mention the disorders that would cause pain in the abdomen. Among the most common however, are acute appendicitis; ulcer of the stomach and first part of the intestines; gall bladder inflammation or gall stones; infection of the kidneys or kidney stones; infection of the pancreas, which is a gland located just under the first part of the small intestine. This gland forms the insulin which is needed so that the body can use sugars.

Blocking of the opening through the bowel, called intestinal obstruction, will also produce attacks of

pain. And then, too, cancers which have been present for some time will produce severe attacks of abdominal pain.

Before the doctor can make a definite diagnosis of the cause, he must give the individual a careful examination, and after he has found the cause, he may suggest proper treatment. But if the individual presumes that the condition is simply acute indigestion, he may do things which will not only make the disorder worse, but actually endanger his life.

Just because you have pain or vomit, do not jump to the conclusion that you have acute indigestion. If you act on the idea that your trouble is due to acute indigestion, and take a laxative or enema, that is, an injection into the lower part of the bowel, you may so irritate the stomach and bowels as to spread infection which may be present. This is particularly true if the pain you are having is due to appendicitis.

If a person with acute appendicitis is given a laxative, or an enema, which causes the bowel to contract, he is likely to cause the appendix to rupture or break open. Then the contents of the bowel get into the cavity of the abdomen, called the peritoneal cavity. The peritoneum or lining of this cavity becomes inflamed, and the person then has peritonitis, a serious and dangerous disease.

The two most important causes of a large number of deaths which occur from appendicitis are the delay in treatment and, secondly, the giving of laxatives.

If you have pain in your abdomen do not dismiss it as acute indigestion. Rather, call your doctor; let him decide the cause of the pain, so that he may give the most effective treatment.



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