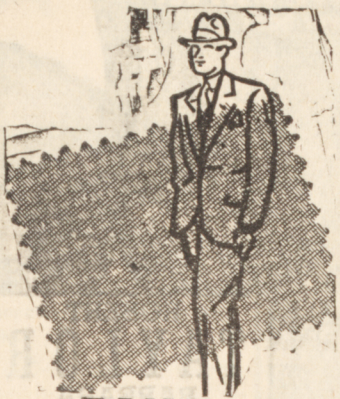


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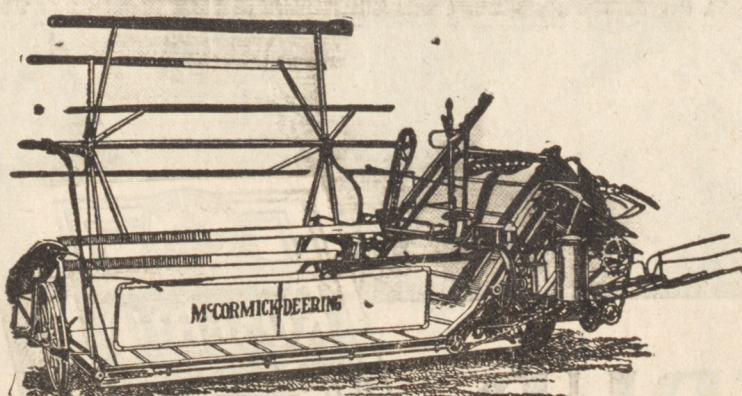
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... OF ...  
Interest to Women  
PRESENT GADGETS AT  
NOVEL GET-TOGETHER(By Cynthia Proctor)  
Somehow or other the thought of a  
Shower à la Bath for the prospective  
bride appeals to us these days more  
than any other kind. And it has its  
points too as a novel way to give a  
bride-to-be all the luxurious gadgets  
to furnish the bathroom of her new  
home.Ask everyone to come in on a  
Saturday night and invite them to  
be there ahead of the guest of honor.  
Suspend a curtain of cellophane or  
tarlatan attached to a wire hoop from  
the chandelier with four pieces of  
spool wire. Decorate the wire hoop  
with paper flowers and strings of  
various sized hearts. Hang silver la-  
metta from an inside hoop to make a  
fine sparkling shower spray. Pile  
the shower gifts underneath this and  
have a place for the guest of honor  
to sit. When the bride-to-be arrives  
escort her to the shower and request  
her to sit under it while she opens  
the packages.In keeping with the occasion, offer  
her a bathing cap to wear, saying  
you are afraid she will spoil her wave  
when the shower is turned on. At  
some time during the evening, pull  
the ribbons that are attached to a  
concealed bag of rose petal confetti  
on the inside hoop. You may be sure  
the young lady will dodge from this  
unexpected shower spray.Bath Accessories  
It is easy to choose the fitting  
gifts when the shower is a special  
kind. There are all sorts of unusual  
bath accessories that will please the  
most fastidious bride—bath sets,  
scissor sets, bath mats, shower cur-  
tains, bath salts and powders, mir-  
rors, and atomizers and all the rest  
to furnish a bathroom in the proper  
manner. Discover what the bride's  
color scheme is to be and you will  
make her doubly happy.Saturday Night Supper  
Complete the Saturday night shower  
with an original table set up with  
a centerpiece of a cunning doll tak-  
ing a shower under a cellophane cur-  
tain surrounded by cakes of soap,  
bath salts and powders, wrapped in  
colored cellophane as favors.

## Treasure Chest Shower

If you wonder how you'll be able to  
present the gifts for a miscellane-  
ous shower, use a Treasure Chest, a  
symbol of the bridal dowry. Construct  
the chest around a bridge table, us-  
ing several sheets of light weight,  
corrugated cardboard fastened to-  
gether with gummed tape.If the packages are apt to be large  
and of various shapes, turn the table  
upside down, or if the gifts are small  
set the table right side up so the  
packages may be easily reached.Cut curved tops on the two side  
pieces and tape the four together.  
Make the top separate, and attach to  
the back with fine wire so that it  
may be lifted easily.A most pleasing effect is obtained  
by crushing pink crepe paper over  
the entire surface. Treasure chests  
are always heavy with metal strap-  
pings, so paste strips of crushed gold  
paper around the chest and over the  
curtains. Gold hearts of various sizes  
and a huge crepe paper bow supply  
the decorations.

## Monday Night Shower

Another special kind of shower is  
called the Monday Night Shower.  
But we think such a party will take  
away all wash day blues.Assemble your guests in the living  
room while the clothes reel with its  
attractive decorations and intrigu-  
ing packages is being arranged in an  
adjoining room. Stage a brief social  
period and then ask the guest of  
honor to help you take in the wash-  
ing because you don't want to leave  
it out all night. She will be surprised  
to find it is her own washing on a  
most unusual line.

## Clothes Reel

Around a toy clothes reel marches  
a stately bridal procession. Clothes  
pins dressed to represent the bridal  
party are fastened to the line. The  
bridesmaids' dresses may be all one  
color or two each of several different  
pastel shades. Each one cleverly  
holds a ribbon to the line that runs  
to a daintily wrapped package. The  
gifts may be towels or wash cloths  
or other linens.WORKING WAY  
THRU COLLEGE

(By Arthur Dean, Sc.D.)

Several young women have written  
to me about working their way  
through college or earning enough  
money so they could go to college.  
I have recommended domestic ser-  
vice. Some of my correspondents  
haven't liked this suggestion; in fact  
one young woman felt almost insulted.  
This is what she says:"It is not a good way to get some  
money. No wonder the girls refuse  
to live in and are looking for factory  
work. What good is money when you  
have to be snubbed around all day,  
never allowed to speak except when  
given an order about work; then you  
are permitted to humbly say 'Yes,  
Madam.' Even the fellows who come  
to sell vegetables and fruit talk to  
you in a snippy way. You must be a  
snob. You wouldn't want your own  
sister forced into housemaid work—  
Now a Maid."I must repeat, it is a good way to  
earn money and not all employers  
are snippy. I had to smile when the  
correspondent called me a snob. I  
have waited on table, worked in  
hotels, shovelled dirt, chopped wood  
and done about everything else to  
collect enough money for an educa-  
tion, and if the fellow who comes to  
the house selling vegetables, talked  
to me in a snippy way I'd laugh at  
him. I suppose that is because he  
sells something; that he thinks him-  
self a lot better than I who once  
chopped wood for a living.Of course there are many house-  
hold duties I wouldn't want my sis-  
ter to do. I don't want her to slave;  
I don't want her to work for an em-  
ployer, who doesn't know good food  
from bad, who didn't have any idea  
of good hours of justice. I shouldn't  
want my sister to be obliged to wash  
and dress a baby; take care of three  
small children; do the laundry; all  
the housework; toil in the flower  
garden; wash the windows; water  
the flowers; drive a car; and, to cap  
the climax, be obliged to read through  
a cheap magazine to the mistress  
who loafs in bed. I have seen such  
employers, and I wouldn't want my  
sister to work for them.I will acknowledge that boy friends  
do not like to go around to the back  
door and take a 'servant' out to a  
movie. They'd much rather meet a  
factory girl on a street corner or in  
her home. But when one wants money  
for a worthwhile purpose most  
any work is good. Isn't it?I have in mind, for example, a  
young woman, one of our neighbors,  
who started out to get an education.  
She was poor in pocket, in fact, so  
poor that we provided clothes to  
help her get out of town. She went  
to a nearby community and got a  
home and \$4 a week to take care of  
two children and do a little house-  
work for a family that was intelli-  
gent and very much interested in  
helping her.She had time off to go to a night  
school. There she learned typing and  
stenography, or at least a little of  
these subjects. Her employers shift-  
ed her work in such a way that the  
girl was able to go to a business col-  
lege and was still paid \$4 a week.  
The girl is now employed in a very  
fine state job in which she is earning  
\$20 a week. She still lives with this  
family and has her board. She does  
almost no work, however, for them.She has earned enough to put her  
sister through a four-year nursing  
course and has \$230 in the bank. She  
and her sister have good clothes, and  
sufficient money for entertainment.Many of my readers can tell an  
equally good true story. On the other  
hand, I will grant that many of my  
readers can tell a tale about a girl  
who is employed in a home where  
there is practically no time for rest.  
It still maintain that housemaid  
work has great advantages in get-  
ting some money and in learning a  
lot about human psychology.

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fragrant  
lather of  
Baby's  
Own  
Soap  
helps  
even  
the most  
delicate  
skin

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## THERE ARE LIMITS TO SALT'S USES

Many People Use More Than Is Necessary and  
Salt-free Diets Are Sometimes Ordered

(By Edith M. Barber)

Salt or sodium chloride, which is  
the most used of all seasonings, is a  
necessary part of the diet of all  
people who depend upon other foods  
than meat in their daily diet. Many  
of us, however, use far more salt  
than is necessary for our needs.  
This is not always harmful, although  
any one who is inclined towards ex-  
cess weight will do well to avoid an  
over supply which may be held in  
solution with water in the tissues.In certain abnormal conditions of  
health, however, a salt-free diet may  
be ordered by a physician. Of course  
no diet which contains meat will ab-  
solutely lack sodium chloride but the  
patient will be instructed that no  
extra salt should be used for sea-  
soning, either during cooking or at  
the table. This is often a hard re-  
gime to follow, particularly where it  
has been the custom to shake the saltcellar  
over food before even  
tasting it.Great care in the preparation of  
foods is necessary to make them ap-  
petizing when salt is forbidden. I  
have found, however, that if vegeta-  
bles are cooked in just enough wa-  
ter to cover the bottom of the pan  
and if a little sugar is added salt  
will be missed very little, even when  
sweet butter or cream is used as a  
dressing. I have also been able to  
make a savory salad dressing in  
which the absence of salt does not  
adversely affect by using a clove of  
garlic with the other seasonings.It is a good idea to make as much  
use as possible of foods with which  
it is not necessary to use salt. There  
should be plenty of milk, for in-  
stance, liberal amounts of fruit, and  
ready-to-eat cereals, custards, ice  
cream and other desserts. Fortu-  
nately after salt has been cut down to  
the minimum for a period of time  
new habits are formed and food  
seems to become more appetizing.

## Lemon Sauce

½ cup butter  
1½ cups powdered sugar  
Grated rind one lemon  
4 tablespoons lemon juice  
1 egg white  
1 tablespoon boiling water  
Beat together the butter and sugar  
until smooth and creamy, and add  
the grated lemon rind and lemon  
juice. Add egg white and beat the  
sauce again till it is smooth and  
fingertips. Hands, of course, mustcreamy. Set the dish in which your  
sauce has been beaten into a pan of  
boiling water and add a tablespoon  
of boiling water. Stir until hot and  
serve at once.

## Coffee Jelly

2 tablespoons granulated gelatine  
½ cup cold water  
3 cups clear strong coffee  
½ cup sugar  
Soak the gelatine in cold water  
five minutes and dissolve in the hot  
coffee. Add sugar and turn into a  
mold. Chill. Serve with whipped  
cream.ROUT BLACKHEADS  
WITH A BRUSHUse Warm Water and  
Scrape Hard — Steam  
Face With Towels If  
Blackheads Are Im-  
bedded

(By Antoinette)

A young girl should tolerate  
blackheads. They are so unlovely, so  
suggestive of carelessness in the  
care of the skin. The pores become  
clogged with oily accumulations,  
which collect grime and dirt, creat-  
ing unsightly blackheads.The best way to get after them is  
to buy yourself a complexion brush,  
a pure bland soap, and start in scrub-  
bing your face both night and morn-  
ing. Use warm water, and scrub the  
areas where the blackheads have  
formed.Don't be afraid to give the face a  
good scrubbing, not so hard as though  
you were scrubbing the floor, but  
plenty hard, so that you arouse the  
circulation and start the blood flow-  
ing quickly through the veins, carry-  
ing off the waste and bringing fresh  
supply of health building material.  
After the scrubbing, rinse with warm  
water, and follow with a cold water  
rinse to close the pores.When the blackheads are imbed-  
ded, steam the face with towels  
which have been dipped in hot water  
then press out the blackheads. Use  
fingertips. Hands, of course, mustbe scrupulously clean and, as a fur-  
ther precaution, it is well to cover  
the fingertips with pieces of fresh  
linen or tissues.This work must be done carefully  
so you won't damage the skin. The  
skin is sensitive and too much squeez-  
ing irritates it. All the blackheads  
may not be removed in the first  
treatment, but continue until they all  
have been pressed out. After each  
treatment anoint the skin with an  
antiseptic healing lotion to prevent  
infection and to heal the irritated  
skin.Blackheads that are not cared for  
continue to accumulate, and they  
also develop into pimples, and even  
into acne. Just as soon as you see  
them, get out the complexion brush  
and put it to work.Pete Kelly wins the Maritimes am-  
ateur golf championship. With such  
a name, what kind of news will this  
be north of the Tweed.When you smile you use thirteen  
muscles, and when you frown you  
move more than six times as many,  
but this arithmetic does not include  
the movements of a jolly belly laugh  
nor the gripping pains of anger.

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on sale in Canada for over thirty  
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