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...OF...

Interest to Women

DO YOU WORRY OVER MONEY?

If So, Cut Down Your Expenses and Adopt A Simpler, Happier Style of Living

(By Edith Johnson)

Both rich and poor worry about money, but the queer thing about it is that so few do anything about it.

Those who have too much money for their peace of mind seldom solve their problem by giving the surplus away. Too often the millionaire, like a king, Uneasy lies the head that wears the crown.

But suppose you are worrying because you are spending money faster than you take it in. What do you do about that? Do you make up your mind to cut your expenditures below your income?

You could do that and still have plenty of food, decent clothing and a warm fire. Is it your pride that rebels when you think about altering your style of life? You could stand it, you say, but you cannot bear to have your wife and children reduced to a simpler scale of living.

Deep down in your heart, you know that simpler living would be the best possible thing for your family. Your wife might discover the value of a dollar, and if she had more duties at home, she would not have to seek so many outside distractions, and that might represent gain for the whole clan.

All of us should be able to reshape our expenditures on short notice, if necessary. To be able to do so is insurance against confusion, loss of morale and despair.

"In my lifetime many have passed me, first going up the ladder financially and then coming down again," said a man who never has aspired to wealth and who always has dodged need.

Have not most of us made both trips at one time or another? Going up is a grand experience. While coming down is not so pleasant, it should not be taken too seriously. Certainly not as if it were the end of all things.

Compared with a score of other disasters the loss of money is a mere pin-head. It is nothing when compared with the loss of sight or hearing. It is nothing compared with being paralyzed or crippled, suffering shock of a broken home, the loss of one dearly beloved, disgrace, imprisonment or destitution in old age.

If we are thoughtful enough to analyze them, we find that most of our money worries are rather foolish, that they spring not from deep needs so much as from personal vanities, social ambitions or the desire for power or prestige.

HATS SAY IT WITH COLOR!

Pinks, Blues, Greens and Yellows
Bloom In the Spring Crop

(By Blanche Krause)

My, my, such luscious colors as the milliners are offering this spring! More colored hats than ever before, they predict firmly, and proceed to tempt you with pinks, blues, greens, yellows and purples.

If you say, "I'll take a dark hat, thank you!" consider the colored veils which are ever so smart on both black and navy blue hats. Veils of American beauty red, of cyclamen pink, or purple or jade green. And a rich gold shade which is said to do wonderful things for your skin. And gives a glowing gold tone that makes you look like a sun-baked beauty.

Lilly Dache is taking much of her color inspiration from the vivid tones of Guatemalan native garb. From a brilliantly embroidered Guatemalan child's shirt she has fashioned a Breton with thick, bumper type brim and shallow crown.

She's also doing some lovely turbans draped in the Oriental style, designed to be worn back from the hair-line, with the material continuing at back to form scarf ends for draping about the throat. An especially interesting one is fashioned of

Snoods are replacing elastics for holding hats gripped to the head at back. The snoods, cap-like affairs of mesh or fabric, often form the decorative part of the hat, as in the small 'salad bowl' shaped turban. It's all part of the important 'up on the head with your hair' movement.

Antoine Watteau (1684-1721) is perhaps the greatest single influence in the 1938 millinery story. Born in France of Flemish parents, this painter excelled in reproducing in his work the costumes, airs and graces of the fashionable world at his time. His name has come to be accepted as the term for a particular type of hat, shallow of crown, with brim rolling up at the sides and sharply upturned at back, the space beneath the upturn usually banked with flowers. This year's styles do Watteau types in more tailored versions too, substituting ribbons for flowers.

FINE VOICE ESSENTIAL TO CHARM

Faulty Speaking Usually Caused By Lack Of Relaxation; Exercises Will Help

(By Antoinette)

There's one more world to conquer girls! Not by all of you, true, but by a goodly number whose charm is lost because of a faulty voice. And don't let anyone tell you that the voice doesn't matter if you have looks and clothes. It matters more at this moment than it ever mattered before.

This brings up a point about voices which was emphasized recently in a conversation with a stage star, who pointed out the extreme difficulties of her profession on the opening nights when everybody is keyed up to top pitch.

Correct speaking and singing are the results of correct physical action as you know, which means that the

vocal organs are free to act without interference. Or, in other words, if the vocal organs are rigid or tense, free activity is impeded and good tone quality and clear, distinct articulation are impaired.

To get the best results in tone and articulation the body should be in a state of relaxation. Remember that the adjustments of the different parts of the vocal mechanism are made by the action of muscles and tension of the body hinders muscular control.

We call attention to the above during the entertainment season, when a tight, rigid voice may betray you right when you hope to make a good impression. Relaxation exercises are recommended.



Try Salada Orange Pekoe Blend

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February Weather Lore

From 'Weather Proverbs,' Signal Service Note IX, prepared by First Lieutenant H. H. C. Dunwoody, 1883. Double-faced February.

Violent north winds in February herald a fertile year.

February 2d bright and clear Gives a good flax year.

If the groundhog is sunning himself on the 2d he will return for four weeks to his winter quarters again. St. Dorothea (the 6th) gives the most snow.

When the cat in February lies in the sun she will again creep behind the stove in March.

When the North wind does not blow in February, it will surely come in March.

If February gives much snow, a fine summer it doth foreshow.

There is always one fine week in February.

Of all the months of the year, curse a fair February.

Heavy north winds in February forebode a fruitful year. (German). On Romanus (28th) bright and clear, Indicates a good year.

If on the 2nd of February the goose finds it wet, then the sheep will have grass on March 25th.

When drops hang on the fence on the 2nd of February, icicles will hang there on the 25th of March.

For every thunder with rain in February there will be a cold spell in May.

February rain is only good to fill ditches. (German).

Swedes call the night of the 20th and 28th 'steel nights,' on account of their cutting severity.

February makes a bridge and March breaks it.

February doth cut and shear, February fill dike

Be it black or be it white; But if it be white

It's the better to like.

If birds caught in February are fat, and sleek, it is a sign of more cold weather.

BABY'S OWN
SOAP
Best for You and Baby too

Beauty Hints

In the morning, Miriam Hopkins bathes her face in iced witch hazel before applying make-up.

If you can't follow a rigid good-looks schedule, try dancing every time you get the chance. It will do wonders for you, says Ann Miller, lovely dancing star.

When giving your hair that 'once a day' brushing, be sure to brush it from underneath as well as from above. Katharine Hepburn does this every day. She also brushes up and out—making her hair fly and her scalp tingle.

Ginger Rogers believes in giving the feet the best attention and having a pedicure regularly. You can give them to yourself at home, or have professional treatments. She advises using a cuticle remover and applying cuticle oil freely. She has her toenails filed slightly rounded.

The length of the finger nails should be determined by a lady's occupation, declares Lily Pons. If you are a working girl, a pianist, or do anything where the fingers are constantly used, your nails should be fairly short. "Leave the long nails to the girls whose hands are generally idle or not in use," suggests the coloratura.

Be Extra Careful about

STUBBORN COLDS

Relieve Their Misery
this PROVED Way

TOO often, the cold that "hangs on" is a result of neglect... and neglect is always risky. Be extra careful of a stubborn cold, of course. But the safest course is to be careful of all colds. Don't experiment. Relieve their misery this doubly proved way.

Here's What To Do: It's best to stay in bed and get lots of rest. Eat lightly, drink plenty of water, and keep elimination regular. And use Vicks VapoRub without delay.

VapoRub has been proved by everyday use in more homes than any other medication of its kind—further proved by the largest clinical tests ever made on colds. (Full details in every VapoRub package.) Only Vicks give you proof like this.

No Long Waiting for Relief to Begin...

VapoRub is direct external treatment. No "dosing"—no stomach upsets. Just massage it on throat, chest, and back. Then—to make its long-continued double

action last even longer—spread a thick layer on the chest and cover with a warm cloth.

Relief starts almost at once. You begin to feel warm and comfortable as VapoRub goes to work direct through the skin like a poultice. At the same time its medicated vapors, released by body warmth, are carried direct to the irritated air-passages with every breath. This double action loosens phlegm, eases irritation and coughing, helps break local congestion. And long after restful sleep comes, VapoRub keeps right on working.

NOTE: If there is much irritation and coughing, or the air-passages feel clogged with heavy mucus or phlegm, even stronger vapor action is helpful. Pour boiling water in a bowl, melt a teaspoonful of VapoRub in it, and inhale the steam. The steam carries vapors for several minutes.

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