

DAILY MAGAZINE PAGE FOR EVERYBODY

TWO GABARDINE SUITS FOR IMMEDIATE WEAR

Smart Models in Navy and Green Emphasize Interesting Features.

TAFFETA OR BRAID

Is Used Liberally for Trimming Many Exclusive Costumes.

"Gabardine and serge for the tailored suit and taffeta or faille for afternoon costumes," so says the fashion bulletin, scoured by eager eyes. That gabardine is again so much in vogue should prove a source of relief to those who want an attractive as well as practical spring street costume—not of silk. Gabardine is always in excellent taste, and its possibilities are without number, combined with selected taffeta or just trimmed with varying widths of plain or fancy braids the effect is equally smart.

As navy is the leading "suit" color of spring, the description of a very attractive navy model is opportune. This suit, recently displayed by an exclusive up-town costumer, had the upper part of the skirt of taffeta, with an unusually deep hem section slashed on the upper edge. The coat was built on decidedly conservative lines except for the sleeves, which were slashed on the outer seams to make room for a ruffled section of silk. A modest little belt of the gabardine ran quietly around the normal waist line, terminating two inches each side of the front. A plain shawl collar of taffeta was overlaid with one of hem-stitched organdie and small buttons fastened into silk-bound button holes.

Another very useful little suit of dark green displayed the popular braiding which outlined collar, cuffs, belt and coat opening and then ran all the way around the four-yard hem. Touched with double black stitching were noticed.

Machinery is being used for trench digging in some of the Canadian camps.

The average weight of the Greenland whale is said to be 100 tons—224,000 pounds—equal to that of 30 elephants or that of 400 bears.

Why You Should Begin Now To Guard Against Summer Tan

BY LUCREZIA BORI
Prima Donna of the Metropolitan Opera Company, New York.



LUCREZIA BORI

EVER since we were "knee high" we have heard of the havoc wrought to the complexion by the March winds. The early Victorian moth would not allow her daughter to poke her little nose outside the door unless her peach-blow face was protected by a hat and veil and her hands and arms by "mitts." Even today the rural maidens don their sun-bonnets whenever the calendar proclaims it is to be blustery March—that is, if they care to preserve the pink-and-white beauty of their complexions. You will find many a "Sun-bonnet Sue" at work in her garden with face, hands and arms protected from the wind and sun, that are sure to burn a coating of tan that will last an entire summer.

March winds not only tan the skin, but they make it dry and scaly by robbing it of its natural oils. The only way to "play safe" is to keep the skin well nourished and pliable by a generous use of cold cream. Rub a small amount of the cream into the skin every time you are exposed to the wind.

Cold Cream Recipes.
The following cream is excellent for this purpose:
Oil of sweet almonds... 4 ounces
White wax... 8 drams
Spermaceti... 4 drams
Borax... 2 drams
Glycerine... 1 1/2 ounces
Rose water... 2 ounces
Oil of neroli... 15 drops

Melt the first three ingredients, add the glycerine to the orange-rose water and dissolve the borax in the mixture. Then pour it slowly into the blended fats, stirring constantly.

If you are in the habit of using face powder, first apply a thin coating of cream to the skin, then wipe off the superfluous grease with a piece of soft linen. The skin may then be dusted with the powder, which will form a protective coating difficult for the sun beams to penetrate. I advise you to use nothing but the purest rice powder, as many of the so-called pure face powders contain white lead.

In case the sun and wind have already tanned your skin I shall suggest a treatment for the removal of the brown coating. One of the most

excellent of bleaches—when the coating of tan is not too thick—is the common, everyday lemon. No dressing table should be without this homely fruit, for freckles and stains of various kinds that assail the skin will disappear with its use. Be it understood, however, that the acid properties of the lemon are not strong enough to remove deep tan in one or two applications. It must be constantly applied to prove efficacious.

Extract the juice from the lemon and apply it to the skin with a small cloth. Pat the liquid well into the surface. Remove the first application with a towel, and then apply a second, which should be allowed to dry into the skin. Like every other bleach, lemon juice has a drying effect upon the skin, and to counteract this tendency you should rub cold cream into the pores now and then to keep the skin soft.

Cucumber Cream Bleach.
Cucumber cream will also bleach the skin and at the same time lubricate the tissues so that the skin covering will not become dry. It is made from this formula:

Cucumber juice... 1 ounce
Almond oil... 2 ounces
White wax... 1/2 ounce
Spermaceti... 1/2 ounce
Tincture of benzoin... 10 drops

The white wax and spermaceti are melted, and to the mixture is added the heated almond oil. Then the cucumber juice and benzoin are added, and the cream is beaten until smooth and white.

Buttermilk as a bleach and skin softener has no peer among cosmetics. Bathe the skin freely with the milk. Take a cloth and mop the neck and arms, allowing the liquid to dry thoroughly into the skin. You will soon notice an improvement in the texture and coloring of your skin.

While the first warm, spring days may tempt you to run outdoors without a hat to protect your skin, resist the temptation, and recall the disfiguring coat of tan which you acquired last summer—the first layer having been the work of March winds. Then pin on your hat or tie a bonnet under your chin, and if you go for a motor ride wear a veil, never forgetting the protective coating of cold cream and rice powder. You need have no fear of tan or freckles if you observe the timely suggestions which I here

FEMININE FOIBLES

By Annette Bradshaw



IF CLOTHES COULD ONLY BE PICKED LIKE SPRING FLOWERS.

Raw Meat Useless As a Cure for a Black-and-Blue Eye

By DR. L. K. HIRSHBERG
A. B., M. A., M. D. (Johns Hopkins)



DR. HIRSHBERG

THE entrance into the skin of blood or of hemoglobin, the colored matter of the red blood corpuscles, after it has leaked or seeped out of a broken or crushed vein is called a bruise, a black and blue mark or if you are a medical pundit, an "echymosis."

If the injured vein, capillary or artery is on the nose of the neck, palm of the hand or pulp of the finger, the tough tissue and thick skin may squeeze the torn blood tube so tightly together that little or no bleeding penetrates the compressed fabric. If, however, the structures round are loose, flabby, inelastic or the clotting power of your blood is slow and deficient, much blood will escape into the porous tissue before the hemorrhage ceases. Since there is no external split in the skin, this blood cannot leave the tissues. As a consequence, it gradually spreads from side to side, and upward toward the surface of the skin. You call this a bruise, or, if much blood has escaped, a sprain.

If, perchance, the eye is struck, the hemorrhage flows within the loose tissue beneath the lower eyelid and bulges it until the very tension created compresses and stops the bleeding. This is recognized as a "black eye."

"He was beaten until he was black and blue," means that the blows were so heavy that many veins and capillaries were injured, which caused red blood matter to leave the channels and leak into the tissue spaces nearby.

What to do to cure or to prevent a black eye should now be plain to every one, even to the foolish person hitherto accustomed to slap the raw meat over the damaged spot. The folly and lack of logic in this traditional method can only be appreciated when you realize that in a scientific practice to use raw meat to hasten the clotting of blood in an open surface.

The best cure of a black eye is its prevention in this manner:

First, don't wait until a black eye appears and then begin after it is too late, to prepare meat and leeches to cure the trouble.

The instant the eye is injured go to the nearest washroom, apply ice water and cold showers to the eye and head, and begin a vigorous massage of the loose folds beneath the damaged eye. For several hours rub the eye gently and firmly with circular motions. Bathe it alternately with hot and cold ablutions. The soft bags of tissue beneath the eyeball, where the blood leaks to cause a "black eye," should be kneaded, pinched, rubbed, stroked and molded so that any blood already present is pressed out and a tension created to prevent more blood from entering.

ADVICE TO GIRLS

By Annie Laurie

DEAR ANNIE LAURIE:
I am keeping company with a boy friend and I think he will go to the war. He wants to give me a ring before he goes. Would you take it if you were me? Kindly advise me what to do.
Blondy.

BLONDY: It all depends so much upon how old you are and how old he is, and upon so many other things of which you have not told me, that it is very difficult for me to advise you just what to do. But, if you are old enough to think of marriage, and if he is able to support you, and if both your parents approve, there really is no reason why you should not follow the dictates of your heart and promise to become his wife. It is a problem that you, yourself, must solve with the help of those who love you.
Annie Laurie.

PRIVATE ART: You are so very young that it seems to me inadvisable for you to follow simply the dictates of your heart without the direction of those who love you. At 16 one is apt to do things he might regret in later life.

The position the young lady holds is nothing whatever against her. It is not this that makes it either right or wrong for you to follow the dictates of your heart. It is simply that a man of 18 should think of love and marriage as something in the future and not in the immediate present. When you are older and when you have won a position in life that will make it possible for you to support the woman you choose for your wife, then it will be plenty of time for you to follow the dictates of your heart and the admiring judgment of your mind.
Annie Laurie.

DEAR ANNIE LAURIE:
I am a young girl who has a soldier friend at the front who loves me dearly. Before he went I promised him I'd go with no other young man until he came back. I am sure I will work there is a young man who tries to come home and go with me to work, and I like him very much. But between us there springs up the picture of my soldier friend. Should I continue to go around with this one here or keep true to my promise?
Troubled M.M.

TROUBLED M.M.: No matter what I may advise you to do, my dear, there still will come up between you and any other young man the picture of your soldier sweetheart. If you were not engaged to marry him, there really is no reason why you should have given him the promise you did—but having given that promise, certainly you should keep it. If you find that you do not wish to keep it, the only honorable thing for you to do is to write him and tell him so.
Annie Laurie.

DEAR ANNIE LAURIE:
I have a boy friend who admires me and I admire him very much. I go down to the postoffice every night and I see him and he wants to let me go home with me. I have to go a long way home and he has to walk a long way home. I like him so that my mother can not see him. As we both dislike this very much and as my mother will not let him come near the house, what would you advise?
E.:

E.: If your mother does not approve of this young man, you certainly are doing very wrong in meeting him against her wish. You know this, and until you do what you know is right, you will always be troubled just as you are now.

DEAR ANNIE LAURIE:
I am a girl of 18. I have been going with a boy about a year and I like him very much. But lately

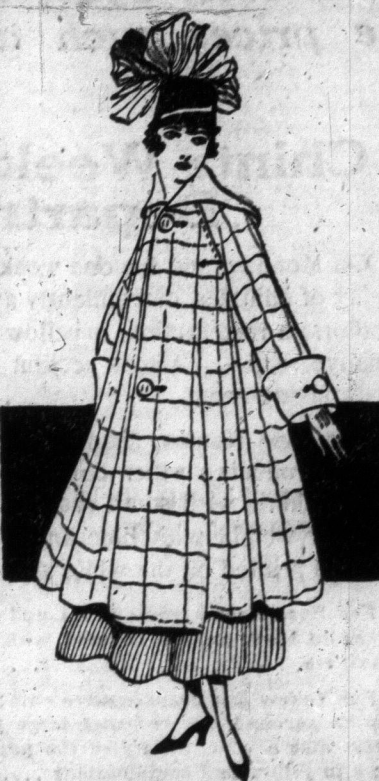
he has not been coming to see me, and I hear he is going with another girl.

BROWN EYES: If the first young man really likes the other girl better, there is nothing in the world that you can do to bring him back to you. Of course you can try—why don't you give a little party and invite him to it? Then it will be for him to decide whether he wishes to come to see you again.
Annie Laurie.

DEAR ANNIE LAURIE:
I am in love with a young lady some years older than myself, but she seems to think more of another fellow than she does of me. Would you advise me to go on with her in the hope of winning her love, or to look for someone else?

A Heart-Broken Boy:
Goodness gracious, my dear boy, don't be heart-broken simply because a young lady—particularly a young lady older than you are—has

Today's Fashion



Smart "Circular" Top-Coat of Black and White Mixture.

THIS smart top-coat is of black and white plaid mixture. It is cut very circular and has raglan sleeves. The wide collar and turned-back cuffs are of leather-colored cloth, and darts finished with arrowheads embroidered in black silk trim the coat.

The coat has a stunning lining of black and white striped silk. Large coin-shaped buttons of black bone are used to fasten the coat and to trim the cuffs.

given you the impression that she likes someone else better than she does you. The surest cure for your heartbreak is to meet other young ladies and to have many more friends than just this one.
Annie Laurie.

When making nests for early sitting hens, always use plenty of very fine hay and make it as warm as possible; otherwise so much of the heat from the hen's body will escape that the eggs will not be kept warm enough.

The Amateur Gardener

(By RACHEL R. TODD, M.D.)

Making the Garden Beds.

Before starting out to make your garden beds, there are several very important points to be thought out. Indeed, these should be carefully considered. One is so much more important than the others, that I am sure you never can decide which comes first in order.

Location, soil, size, exposure, drainage, the kind of plants for which each special bed is planned, all these matters should be carefully considered.

Beds that are to contain annuals only should be dug over fresh each spring. Beds that are to contain perennials are not to be planted there, the beds need no further digging.

First dig down about two feet, removing the soil entirely from the trench, so that it will not be in the way. Put it aside in a barrow or box, or some sort of a pile, where you will not be stepping over it while you work.

Having dug your first couple of feet of trench at least two feet deep, throw in all the loose, light material you can get hold of—dead leaves, grass rakings, all

the refuse you can scrape off your sod, but, best of all, if you can obtain it, horse manure. Provide a foot at least of this loose stuff for every inch of soil that you are to dig.

Now, commence and throw back your spade, pounding down the loose stuff beneath the surface.

Next, you have completed your bed, and you are ready to plant. If you are making these beds for the first time, and in a new spot, perhaps you were fortunate enough to be forced to cut away sod, first, below that sod, and clinging to the roots of the grass, you will always find a small amount of the loose, black earth.

You may be able to scrape off a couple of inches of this. Have it all, until you have completed your bed, and allowed the first settling to take place.

Indeed, for this matter, some gardeners save this black earth until they have commenced transplanting, and add it after the first day or so, when the clayey earth has been well soaked.

It will give a rich appearance to the soil, and even a very thin layer will prevent the clay beneath from drying and baking hard.

After this, you will have to take the loose clods in your underlayer, placing them in the very bottom of the trench, upside down, so that there will be no chance of the grass roots striking up.

Of course, when cutting out your bed, you have taken care to see that the edges are clean and sharp. A rope is excellent for measuring distances, but for leveling up the edges of the bed a six-inch board, ten or twelve feet long, and laid on its side, upright, makes an excellent help.

Don't do too much the first day. At the best this bed-making is back-breaking work.

(To be Continued.)

Recipes for the Card Index Cook Book

Caramel Custard

INGREDIENTS

- 1 pint milk.
- 3 eggs.
- 3 tablespoonful sugar.
- 2 tablespoonful water.

METHOD

Put the milk, and the flavoring and one tablespoonful sugar. Beat the eggs and pour the hot milk over, stirring all the time. Put two tablespoonfuls of sugar and the water into a small cake tin and place on the range until the sugar becomes a dark brown, taking care not to let it burn. Then turn the tin round and round until it is smoothly and evenly coated with the brown, pour in the custard and cover the tin with greased paper. Set in a pan of boiling water, enough to come halfway up the tin, and cook very slowly until the custard is set. Do not let the water round the tin boil or the custard will curdle. Turn out when cold and serve.

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