POOR DOCUMENT

MC 2035

Dorothy Dix

Why Don't Old People Take the Trouble to Make Themselves Attractive in Manner, Dress and Conversation? —For Just as We are Repulsed by Old Age That is Bitter and Fault-finding, So We Love and Cherish Old Age That is Mellow and Appreciative.

WE ARE always advising young people to "mind their manners," as our nurses used to say. We impress upon them the necessity of being clean and neat and well dressed, of improving their minds and of making themselves agreeable to other people.

DOROTHY DIX

BUT nobody ever says a word to older people about the importance of keeping themselves personally attractive and of cultivating the charms and graces that would make them agreeable companions. Indeed, on the contrary, many men and women consider that age gives them the privilege of being dirty and frowsy and as cantankerous as they like, though why any one has any more right to be disagreeable at 80 than he or she had at 18 is a mystery past finding out.

THE general impression seems to prevail that only the young can change their habits and mode of thought, and that only the young can improve themselves. We even have a proverb about the impossibility of teaching an old dog new tricks, but this is all nonsense.

WE ARE never too old to learn. We are never too old to change until we are in our dotage, and the reason why elderly people slump mentally and physically is not because of their age, but because they are self-indulgent and are not willing to make the effort and take the trouble to keep themselves attractive.

TAKE the matter of clothes, for instance. It is far more important that an old person should be well dressed than that a young one should. It does not matter what the boy and girl wear. They have the beauty of youth, the beauty of shining eyes and glossy hair, of fresh young skin and slim young figures, and they are easy to look upon no matter what they have on.

BUT the old man and woman who have none of this allure of youth, who are bald and fat and wrinkled, must be immaculately clean and coiffed or barbered, or else they are an offense to the eye. They need all the help that the Turkish bath and the tailor and the dressmaker can give them.

YET this in spite of the fact that an elegantly dressed old man, or an old lady in soft silks and laces, creates more of a sensation than any youth in the Klassiest Kut College Klothes or any flapper in the last cry from Paris.

AND why should not old people bear continually in mind that it is particularly incumbent upon them to exercise good manners since nearly always they live in other people's houses and sit at other people's tables?

THEY seldom do. If grandpa likes to gargle his soup, he does so undeterred by the qualms it induces in those about them. If grandma wants to eat with her knife, she performs her sword-swallowing feat at every meal. If Aunt Sally has a throat affection, it never occurs to her to retire to her own room and have her little coughing fits in private.

TO ALTER the habits of a lifetime might take some slight effort of will, but surely it would be a small price to pay for making oneself persona grata with one's children and grandchildren instead of being an affliction that a sense of duty forces them to endure. For the chief reason that old people are not welcome guests in a house is because of the way they indulge themselves in their unpleasant personal habits.

GOOD manners also require that we should use tact in dealing with our fellow creatures, and surely it is even more necessary that the old should be more diplomatic than the young, because youth can form new relationships, while age is dependent for its pleasures on those it already has established. Yet you find many old people who are rude and insulting in all their contacts with others and whose tongues drop nothing but venom. We all know gruff old men who swear and curse at all about them. We know peevish, fretful complaining old women, who are a thorn in the sides of all who are unfortunate enough to have to live with them.

We know mothers-in-law who criticize every act of their daughters-in-law and fathers who nag their children almost to death by finding fault with everything they do.

YET it never seems to dawn upon these old people that they are making enemies instead of friends and alienating their children from them, and if they want to be beloved and cherished they must show some suavity in dealing with other people.

For just as we are repulsed by old age that is hard, selfish, bitter and fault-finding, so we are attracted by old age that is tender, gentle, loving and appreciative, and that sees in us only our best.

AND age, even more than youth, should try to keep itself interesting. There is no reason why old people should feel that they have a sacred commission to be bores. As long as one is not senile, one can heroically refrain from talking about oneself and keep tab on one's stories, so as not to become that dread creature, a repeater.

THE old should be far more entertaining companions than the young, because they themselves have lived through all sorts of dramas; they have seen so much and known so much and have such a vast storehouse of information to draw upon. There is no reason why they should permit themselves to become babblers who tell over and over the same stories, just because they are selfish enough to want to talk about the thing they are interested in, instead of discussing the things in which others are interested.

IT IS a fault that they should correct if they would, just as they should correct their other faults of bad manners and of slovenliness in dress.

THEREFORE, I say what we need is a society for self-improvement among the old.

DOROTHY DIX.

Ensembles and Simple Evening Dress Show Style Trend

By MME. LISBETH

THE wearable clothes of everyday life show the style trends. Pictured are two ensembles and an evening dress that show this trend. Rather simple lines, you see, but striking and original nevertheless.

On the left is an ensemble for the southern resorts. The coat is a straightline garment with sleeves in which the material is used in alternating bands on the smooth and shiny sides. Embroidery in brilliant color reaches from hem to hem. The frock harmonizes with the sleeves of the coat and is simply made with a pleated section in the front of the skirt. Patsy Ruth Miller posed.

The other ensemble pictured (right) is a sports model. The coat is in flannel in gray shades with satin lining and trimmings of opossum. The dress is of heavy wool crepe with long waist with vest trimmed with buttons and accordian pleated skirt. Bands of the lighter shade of which the vest is composed trim the middle of the dress in girdle effect.

The frock in the centre is unique in line with drapery all at one side. The material is ruby red crepe with a glimpse of white crepe. A simple decorative touch of black crepe. Tiny tucks across the front end at the uneven fullness at the right side.

STYLE WHIMSIES

Many women will be glad to know that plainer umbrella handles are presaged.

Velvet dresses with lace collars are favorites with the little folks. For party dresses there are dainty little flowerlike taffeta frocks imported from Germany with scalloped hems.

Red coats with fur trimmings are the vogue just now for the little folks.

Black taffeta made an effective evening frock with very full skirt. A deep lace bertha and green velvet ribbon sash were the trimming features.

Blue and white checked woolen trimmed and completely lined a cloth coat of recent design.

A Hudson seal coat was enlivened by trimming bands of a contrasting fur.

See-Sawing On Broadway

BROADWAY is frankly commercial. Obviously they are out to get most of your money on Fifth avenue, where they profess to scorn it.

Perhaps this is a lesson in dignity; the tradesman who is blatant versus the merchant who shows his wares with a sniff at your clothes and your pedigree.

You look into one of the heavy plate windows on the "Avenoo." Perhaps there is one gown there, one coat or one pair of shoes. They are ordinary looking often, yet if you should step inside to inquire the price!

* * *

THINGS are done the correct way on Fifth avenue. The merchants have banded to see to that, and a code of laws governs even the appearances of the street.

Many of the shopkeepers would choose bankruptcy before putting out a sign to show they actually are keeping shop.

The street is deeply hurt by the mere mention of price. It is an old psychology.

* * *

YOU no more would think of walking out of a Fifth avenue shop with a bundle under your arm than you would of sitting around the Waldorf lobby in a suit of red flannels. You have no questions—that is, not direct, personal questions—that smack of the details of business.

But if you doubt there is a lot of business about the street, just try to get away with something that your credit won't quite stand!

* * *

SPEAKING of the avenue reminds us of the ladies who play at poker. There is no little matching up of bob-tailed straights among the fair along the avenue.

A number of exclusive little places cater to the ladies with a few nickles to spend at cards.

And the dames and mesdames no less than their silk-hatted husbands like their aperitif—you may call it that when you speak of the avenue. Many of the places have nice little enameled bars.

The dear folk have changed no little bit, it seems, since the evening when they went to bed too early to see Mr. Edison's new incandescents flame out through the city the first time.

GILBERT SWAN.

MENUS For the Family

MENU HINT.

The dessert in this simple menu is made on an electric grill, but the same directions may be used to make it on whatever kind of a range you may have. Use an ordinary frying pan and cover it when cooking the first part until the cobbler is cooked through, then put it in the oven, uncovered, to brown.

Cold Baked Ham.
Buttered Sweet Potatoes.
Tomato and Lettuce Salad with Impromptu Dressing.
Peach Cobbler with Cream.
Tea.

TODAY'S RECIPES.

Buttered Sweet Potatoes — Boil potatoes in the skins, then peel, split and spread with butter.

Tomato and Lettuce Salad with Impromptu Dressing—Arrange tomatoes and lettuce on salad plates, sprinkle with sugar, salt, pepper and onion salt. Let stand a few minutes, then sprinkle with olive oil and vinegar. Any salad of fresh green vegetables may be treated this way.

Peach Cobbler—Stir together in the pan of the grill one-half cup sugar and one teaspoonful butter, when it is bubbling all over and well blended, slice two large juicy peaches in a layer over it. Have ready the batter made of one-third cup sugar and one egg, beaten together; one-half cup pastry flour and one scant teaspoonful baking powder. Spread the batter over the peaches, invert the second pan over it and let it bubble and steam until the top has cooked—about 15 minutes, then remove and set the hot reflector pan directly on top of the cobbler, so as to brown the top lightly. Serve hot with cream. This quanaity would serve three people.

POACHED EGG IN SIEVE.

A wire sieve with prongs that fit over the edge of the kettle makes a splendid egg poacher for one or two eggs. Fill a basin of any size or shape with boiling water and put on the fire. Set the sieve down in the water, prongs on rim of sieve, keeping it level in the boiling water. Then an egg or two broken into the sieve will poach beautifully and the long handle on sieve enables the cook to lift them out and shake the water out and turn them directly onto the buttered toast in a neat, round pile.

'Phone your Want Ads.
Main 2417

HEALTH SERVICE

Properly Fitting Shoes First Aid To Sore Feet

By DR. MORRIS FISHBEIN.

OF ALL the uncomfortable people on earth none are so disturbed as those with painful, aching feet.

Unfortunately many of them, instead of submitting to careful study as to just why the feet ache, trifle about with changes in shoes, test out all sorts of fancy foot supports, plates, and what not, and come to serious attention only when the condition becomes unbearable.

A properly fitting shoe is the first essential to comfort of the foot. Sometimes the arch-support carelessly chosen accentuates the difficulty by throwing a greater burden of weight on the very part of the foot that is producing the suffering.

DANCING.

Another frequently overlooked cause of sore feet and of pain and tenderness of the ball of the foot in these modern times is the craze for too vigorous dancing. Stress that is too great should not be thrown upon muscles and ligaments unused to the effort.

The professional dancer begins slowly and develops the tissues to a point at which they may carry their burdens successfully. Various exercises of the foot muscles will serve to strengthen the arch.

A shoe that is too short may serve to develop hammer toes that turn downward and are exceedingly painful. A shoe with a heel that is too high may throw a burden on the bones and muscles of the back and of the thighs.

TOO NARROW.

A shoe that is too narrow causes rubbing and irritation, with the production of corns and bunions.

The human foot carries a heavy and moving weight and should not be too small for that weight. Along with other changing feminine modes has come a fortunate realization of the fact that an active woman needs a foot large enough to carry her around on her multitudinous interests.

The admiration of man for a tiny foot was the admiration for the useless, like that given by the unthinking to needless luxuries.

BEHIND the SCREEN

Incidents that occurred in the boyhood life of Harry Langdon are the basis of his newest picture, "Long Pants," now in course of production at Hollywood, Calif. Langdon's mother gave him the idea for the picture. Langdon, in several poses taken from the film, and his mother are shown above.

The Rhyming Optimist

By ALINE MICHAELIS.

I shall not hunger any more, nor shall I thirst again, my need was great, my want was sore, my spirit racked with pain; thirst is not always quenched with wine and hunger may be fed with subtle essences divine, a finer meat and bread. For loneliness is hunger, too, and loneliness is thirst; the man whom wants like these pursue knows living at its worst. But as for me, my thirst is past, my hunger satisfied, my spirit dwells in peace at last and all my griefs have died. For after all the empty years a friend has come to me, and now once-barren ways of tears have bloomed to ecstasy. No thirst, no hunger any more, life holds no sting or smart; a friend has opened wide the door and stepped into my heart.

A Thought

Therefore, if thine enemy hunger, feed him; if he thrist, give him drink; for in so doing thou shalt heap coals of fire in his head.—Romans, 22:20.

Little Joe

Fashion Fancies.

We have seen considerable use, this season, of short tiers, both in frocks and coats. A favored model in the latter is the straight coat which has its entire length composed of three-inch tiers, the sleeves being made the same way.

The youthfulness of the treatment is shown to advantage in the frock above, made of black velveteen. The spirit of the short jacket is quite in keeping with the tiered skirt, and its cuff treatment is a smart note. The under-blouse is of peach crepe.

A little velvet hat and a bag of black antelope are the proper accessories.

"B" Battery Economy

To get the longest possible service from "B" Batteries, (1) always use Eveready and (2) use the correct size for your set.

To determine which Eveready "B" Battery you should use, follow these simple rules.

On 1 to 3 tubes — Use Eveready No. 772.
On 4 or more tubes — Use the Heavy Duty "B" battery No. 770.
On all but single tube sets—Use a "C" battery.

When these rules are followed, the No. 772 will last for almost a year, and the No. 770 for about eight months, when listening at the year round average of two hours a day.

NOTE: An Eveready "C" Battery not only increases the life of the "B" batteries, but adds a quality of reproduction unobtainable without it.

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WHOLE FAMILY SAVED FROM COLDS

Mother and Children Owe Good Health to Father John's Medicine

The reason Father John's Medicine is so highly regarded by mothers in particular is because it keeps the children well. It is a body-builder and a strength-builder. It supplies the pure food elements which are so needed to enrich the blood, help to form tissue, and thus build up the vitality needed to throw off coughs, colds and bodily weakness.

Mrs. Chas. Managan, R.R. No. 4, Eganville, Ont., is only one of thousands of mothers who hold Father John's Medicine in high esteem. Mrs. Managan says that Father John's Medicine "has saved me and my family from dangerous colds, and we really owe our good health to it. I would not be without Father John's Medicine in the house."

So mothers have written about this old-fashioned family medicine for over 70 years. It has won their confidence because it gives results; and mothers know, too, that Father John's Medicine is safe for everyone, young and old, because it is free of alcohol and dangerous drugs.

VILLAGE WRECKED

NICE, France, Nov. 24—Landslides caused by recent torrential rains have wrecked the mountain villages of Roquevilliers and Belvidere ,in the Alpine Maritimes Department. At least 40 persons perished.

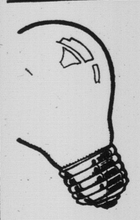
Flapper Fanny Says

Girls used to drop a stitch. Nowadays they've dropped knitting altogether.

FRESHEN POTATO CHIPS.

Put potato chips that has lost their crispiness in pan and put them into a slow oven, being sure that oven is not hot, as it will brown them. Leave them in the oven until heated through. This procedure will restore the crispness to the chips that you have in the house. Also, it will improve those that have been just brought from the store.

Make sound teeth
TRISCUIT
Shredded Wheat in cracker form
Contains all the essential food elements. Crisp, tasty and nourishing



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L-64

Maraschino Cherry

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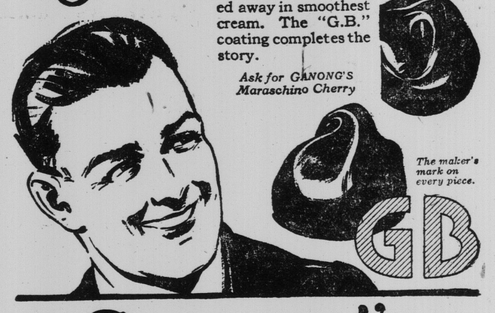

The maker's mark on every piece.

Ganong's
CHOCOLATES

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BARBADOS
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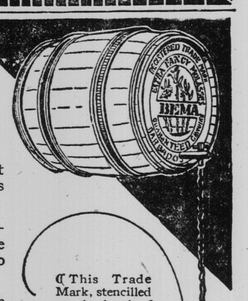

¶ The rich taste of this finest of Molasses always excites admiration.

¶ It is as rich as it tastes—Rich in Iron to Nourish the Blood—Rich in Vitamins to conserve your health.

¶ It is Delicious Health Insurance!

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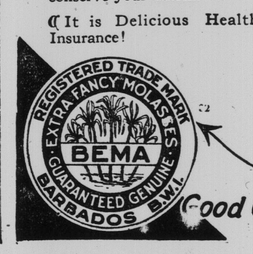

Good Grocers Sell it

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