



THE DRESSING TABLE

Edited by MARIE

Bridal Faces and Brilliant Days

*"What is so rare as a day in June
Then, if ever come perfect days."*

IT would indeed be a tired, sorry, pitiful, unhappy little bride who would not be lovely in her radiance on a glorious June bridal morning.

Not long ago I was asked what qualities I thought contributed most to a person's charm. After thinking seriously of many charming persons I know, I decided that a radiant face as well as many of the reasons for it, were responsible for the epithet being applied to them.

You will notice that the society columns very often describe the brides as radiant, and if the poor bridegroom were accounted anything at all on that particular day, he too, would be described as radiant, for people in love so often have that quality, which no doubt is a good reason why "All the world loves a lover." Marriage would not so often be considered a failure if in later years the bride would keep herself so dainty and radiant that her husband need not go down street alone to look at the new electric lights nor into the darker streets to find brighter eyes than the ones he left at home. Neither would the husband miss the radiance at home if he sometimes carried through the door a happy, entertaining disposition and clean, wholesome appearance even without a bulging pocket or a bunch of flowers to call forth the answering smile in the little woman's eyes.

No matter, wife and mother, how tired you are, three times a day, before meals, open your window to Jerusalem, Rosedale, Parkdale or the nicest view you can find, sit very straight before it, and for ten minutes take deep, deep breaths that expand the entire lungs. Inhale slowly through one nostril and exhale just as slowly and gradually through the other. You will soon learn how, and understand too, why it adds to your beauty, health and happiness. Do not hold the breath too long at first. You, too, tired hubby, get off the car within a block of home and take similar exercises somewhere between the gate and the front door. If your work has been sedentary walk home or the latter part of the way instead of riding, and then before entering the house take the same exercises. Wife and husband both will consider themselves so lucky for having drawn such matrimonial prizes.

For fear my unmarried readers may think this is a letter on "How To Be Happy Though Married," I shall tell you of a young woman in whom I should like to cultivate radiance, but you say, "How can you? She looks and acts dull, has dull eyes, a poor complexion, a mouth that turns down at the corners, besides being stoop-shouldered." First she must stand erect and take the breathing exercises as before described, and add a couple periods to each ray. Now look, her figure is improving, she is getting some color and brighter eyes. Next I shall say to her. Wake up! Be interesting and interested. Listen to that story as if you cared to, even if you do not. You may hear something amusing or interesting or both, then smile, if you can't laugh, but be sure your teeth are clean. Do not expect always to be entertained; try entertaining some bored-looking person. For your poor complexion look over our advertising columns for the names of reliable firms that make face creams.

Now the mouth. The mouth that turns down at the corners, that is almost the greatest hindrance to charm and radiance. Well, I want to tell you a great secret. First put on your nicest street dress and hat; then sit quietly in your own well-aired room while you read the funny anecdotes in the C. H. J. or anything else worth while, after which take a walk down street, keeping the corners of your mouth turned up all the while. Smile at the newsboys, also those pretty children. Think of the funny stories, and

keep those corners up, and when you get home count the number of people who looked pleasantly at you, and you will laugh aloud.

I was almost forgetting to say that if your lips are colorless or too pale you can get rouge grease sticks, which are quite harmless, yet make the lips red and dewy as June roses, but again let me say, always buy cosmetics at a reliable place, and do not be too stingy.

Naturally, if you want people's interest in you to last you must cultivate an actually pleasant attitude towards them. From even a selfish point of view you will be repaid; still, don't be selfish.

So here's to health and happiness of the lovely June brides and their brave lovers.

MARIE.

As I have been ill and away from home for several weeks, many of the letters received since March remain unanswered. However, I hope those who do not read their answers in these columns have received them before this time by mail.

Answers to Correspondents

TRIX OR COUNTRY KID.—Read answer to "Polly" in May number. Write also to the Hiscott Dermatological Institute for their booklet on Development, etc. I think you will find in that what you need. If you do not, write again. I will help you all I can.—MARIE.

ANXIOUS GIRLIE, C. B.—Have written you personally regarding the samples for dresses, etc. I think your proportions very good, unless you prefer to be somewhat stouter. The letter above might help you.—Sincerely, MARIE.

JUNE BRIDE.—Have the low shoes if your ankles are not weak. Would not advise patent leather, as it is very warm in summer. Have some thin stockings and heavier ones for cool days. Dark blue, tan and black and white are the most popular colors this summer. White dresses are always pretty, so are foulard silks. You do not describe clearly enough regarding where you are going, and so on. (2) Write again and draw a sketch of that ill-shaped nose. Don't you think the C. H. J. patterns lovely?—MARIE.

A LOYAL CANADIAN.—Good creams and cosmetics will neither spoil the skin nor make hair grow on the face. Read the article in May number on bathing. Bathe frequently, but do not stay in water too long. As you are young, a simple cold cream or Vinolia Vanishing Cream will prevent the chafing. Royal Vinolia Talcum Powder is supposed to be very nice. I am writing to you regarding other matters.—Yours, MARIE.

ANSWER TO SNOWBIRD.—Too bad you have waited so long for an answer, but you understand why, now, do you not?

Blue, grey, tan, white, and green but bronze, and some shades of pink, also bright red ought to be becoming. There are many suitable styles of dress with patterns shown in the C. H. J. Wear your dresses to your boot tops. Stripes and straight lines will be coming to you. You might braid your hair at night in order to make it a little wavy, then if your face is not too round, make plaits and wind around your head. You are not too old to wear bows of ribbon on your hair. Tan and green, blue and white or cream, two shades of pink are always pretty together. Write to the Hiscott Institute for their book on treatment of the hair.

CONSTANT READER.—For the excessive perspiration under arms bathe those parts with a weak solution of alum water or clear alcohol, afterwards dusting with Vinolia Talcum Powder, which is said to be very good. Take an entire cold bath every morning. If you catch cold easily, simply sponge. Do not drink anything hot, such as tea or soup. Pleased to hear from you again.—MARIE.



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