

Every Woman Has Right To Beauty. Exercise In Right Way Is Great Aid

By Adrian Shawn

NOT long ago a woman wrote me asking how to be popular. . . how to overcome an inferiority complex. This is quite natural. Everyone wants to be popular and I admire the lady for her courage and intelligence in writing her questions. Half the battle is won when you are ready and willing to do something to achieve your desires. Wishing never got anyone anywhere. It takes action.



Photo Courtesy of Joe Bonomo

And time. And practice, practice, practice!

Naturally you want to be popular. You want to be noticed and remembered and most of all, whether you will admit it or not, you want to be liked! In spite of all I have said about every woman having within herself the power to be beautiful, beauty is not everything. It is not the essential part in charm. Character is vastly important.

But it is nice to be beautiful and every woman's duty to be so. Don't just sit back and wish. Don't stay at home feeling sorry for yourself, thinking: "Oh, if

only I were beautiful things would be different. I would be invited places. I would be happy. I would laugh and sing and dance and never lack a partner."

You think that you would no longer be bashful, that you would sweep majestically into a room where before you slipped in like a mouse. But this is not necessarily true. I have seen bashful beauties. But I do know that you will have a feeling of being at ease if you look your best. And once you have made yourself lovely you must not wear that beauty awkwardly. Act as though you had been the belle of the ball all your life. Not arrogant, but cool and poised and sure of yourself.

How can you make yourself lovely? Why, start at the beginning. Resolve to master one point at a time. And the most important of all, of course, is cleanliness. Absolute feminine daintiness. Daily bath, fresh stockings and lingerie, clean gloves, shining shoes, spotless handkerchiefs and powder puffs. You must be radiantly clean and radiantly healthy!

To be healthy you must be the correct weight, you must carry yourself well, you must have grace. For you cannot have beauty without health. The two go hand in hand.

Your last series of exercises were for the development of a good posture but concentrated mainly on the avoidance of round shoulders. The next exercises, starting with this issue, will develop all-around grace and suppleness.

Here is the first:

Now we are going to do a little work of the shin muscles. This exercise is necessary to develop a symmetrical attractive lower leg. Place the weight of a light chair on the right toes. Raise the toes as high as possible from the floor without lifting the heel from the floor, balancing the chair with the hands. Do this exercise three or four times the first day, increasing the count until you are doing it about twelve times by the end of the first week. Repeat with the weight of the chair on the left toes. Then spread the legs far enough apart so you can rest the chair on the toes of each foot, as illustrated, and rock back and forth on your heels, but without lifting them from the floor.

Next week I will give the second in this series of exercises. They are mainly for the development of beautiful legs. Your lower legs must appear shapely and strong. This is one part of the body that seldom responds to dieting. You must exercise.

Fat, thick ankles can be reduced. Skinny legs can be developed into graceful ones by exercises. If you want your legs to have a firm, well rounded appearance, you must exercise.

Hostess Gowns For Informal Hours

At Home Dresses, New Fashion Genre For Teas



By Doris Lockett

PARIS has lavished the finest fabrics, the most exquisite designs, the loveliest colors, on the new negligees and hostess gowns of the winter season. Pictured are several of the latest models as diverse in theme as they are alike in luxury.

A trifle more formal in style, and definitely exotic in theme is the gown shown above of velvet in three colors. For this the most supple chiffon velvet was chosen, and it is particularly striking in tones of rust, yellow and green. This is a negligee that would be entirely correct to wear when serving tea to friends by the winter fireside.

Also of Paris origin and courtier inspiration is the handsome negligee of dark green lace and pale pink chiffon. It's cut like a long slim coat, and is especially lovely in a deep green or a rich wine shade. Either combines artfully with the soft flesh-toned chiffon which forms a flattering panel from throat to hemline. This lace negligee was an instant success at the winter openings in Paris, and is the favorite of many women of international chic.

A cape collar of matching maribou is the outstanding detail of the other negligee in the picture. It is fashioned of velvet in one of the winter's lovely deep grape shades, and the maribou is dyed to exactly follow the fabric's color. This negligee is one that follows the French tradition, and is besides a most flattering idea.

With these formal home fashions, beautiful sandals are essen-

tial. Gold or silver kid is a smart choice depending upon the prevailing color note in the gown. There are new high-in-front styles, too, that are definitely new and very striking. Sandal-foot hose are the correct thing to complete this picture, extremely sheer, totally un-reinforced, especially chic is flesh tints.

MULES with the new high in-step line are frequently chosen these days. They may be of satin with tiny bows and pipings of metallic kid, often dyed to exactly match the negligee they add great charm to the intimate scene. Some fashionable women prefer the mule entirely of silver or gold kid, usually of sandal type.

One of the results of the current favor shown the Directoire and Empire fashions, a mode expected to receive fresh impetus from the beautiful gowns, will be the return of necklaces.

The extreme décolletages of this period, while modified in modern fashions, still call for this type of jewelry. In addition to the revival of amethyst, coral, and moon-stones, the possessors of antique cameos will find that these perfectly harmonize with many of the Empire gowns if suspended from a band of black or colored velvet worn around the neck.

Breakfast jackets are an item to keep in mind as the holiday season advances. These are as frivolous as possible, with frothy laces and chiffon pleatings, or more practical in theme, hand-



Gowns by I. Magnis & Company

The long slim coat is of dark green lace combined artfully with soft flesh-toned chiffon. A cape collar of matching maribou is the outstanding detail of the other negligee in the above picture.

made of the finest and most exquisite shawl yarns. In any case the flattering new models are a far cry from the old type which rejoiced in the name of bed sacques! If one has an in-veterate reader-in-bed among ones friends, the bed jacket forms an ideal gift.

Hand-made lingerie, too, is a Christmas gift of the most welcome variety. The softest satins, loveliest crepes and sheers are employed for these, set off with

fine needlework or attractive narrow laces. The dark nightgown cut in the Directoire style with a hint of lapels and a double breasted line, is a smart choice in navy with cherry red pipings. A girl at school would adore such a nightie. This is also available in white with red, and there are endless lovely styles now being presented.

Lounging fashions in pajamas and negligees set a new pace for luxury in materials combined with simplicity of design.

Menu Of the Week

By Joan Andrews

AS a soup vegetable, cauliflower has been unfortunately snubbed. Not many people realize its delicious possibilities. On today's menu you will see cream of cauliflower soup, which is easy to make, nutritious, and very good.

Cream of cauliflower soup
Crackers
Baked ham steak
Mashed sweet potatoes with pineapple
Hot buttered pickled beets
Orange delight
Macaroons

Today's soup is made by first melting 1½ tablespoons butter in the top of the double boiler. Stir in 1½ tablespoons flour, 1 teaspoon salt, 1/8 teaspoon pepper, 3 cups fresh milk (or evaporated milk and water in equal parts) and 1½ cups chopped, cooked cauliflower. Cook about 25 minutes, stirring occasionally.

Spread a 2-inch thick ham steak with prepared mustard, cover with milk and bake in a sheet. Bake in a moderate oven (350F.).

Tomato Pudding
This recipe should make enough to serve six people, but it is usually only enough for four because it is such a wonderful tomato dish. Serve it with meat, fish or omelet.

10 ounces tomato puree
¼ cup boiling water
Heat these ingredients to the boiling point and add
¼ teaspoon salt
6 tablespoons brown sugar
Place in a baking dish 1 cup fresh white bread crumbs. Pour over them ¼ cup melted butter.

Add the tomato mixture and cover the dish closely. Bake the pudding in a moderate oven (375F.) for 30 minutes. Do not remove the cover until ready to serve the tomatoes.

Cherry Whip
Boil to the consistency of sirup 1 cup sugar and 1/3 cup water. 1 quart stoned cherries. Drain and reserve the juice.
1 tablespoon gelatine
2 tablespoons cold water
Dissolve in 1 cup hot cherry juice. Chill these ingredients until they are thick. Whip them with an egg beater until they are fluffy. Whip until stiff 3 egg whites and 1/8 teaspoon salt. Fold them into the cherry mixture. Pour part of this into a wet mold. Alternate the whip with layers of the drained cherries. Chill the pudding until it is set.

moderate oven about 1 hour. The milk should be absorbed and the ham tender.

Mashed sweet potatoes are delicious when mixed with drained, crushed pineapple.

Here is the recipe for orange delight. Pare 4 oranges and cut in small cubes. Add 16 marshmallows cut in quarters and let stand 15 to 20 minutes. Then fold in ½ cup whipping cream beaten until stiff, and 1 to 2 tablespoons of sugar, depending on sweetness of oranges.

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Pumpkin Pie Expected By All Of Family On Thanksgiving Dinner

By Jenny Reed (Home Economics Editor)

A HOLIDAY should be a special day, right from its early morning hours. And so Thanksgiving breakfast should be just a bit different from ordinary breakfasts. Serve something really fine to put everyone in a holiday mood. For instance, sausage cakes with pineapple slices.

The sausages are fried until well browned. Then the pineapple slices are dipped in a little flour which has been seasoned with salt and pepper and browned in the pan, after the sausages have been removed. A sausage placed on each pineapple slice, sprigs of parsley for a pretty touch, and you have a most delightful breakfast dish.

As a fortification against the day's cold and the possibility of a busy day, it is wise to have breakfasts which furnish plenty of food for energy. So here are a few such breakfasts.

- 1—Bacon slices with scrambled eggs, toast, peaches and coffee.
- 2—Creamed left-over lamb, veal or pork served on baking powder biscuits or toast slices, fruit and coffee.
- 3—Fried ham slices, toast, orange slices and coffee.
- 4—Sausages and waffles with maple syrup, fruit and coffee.
- 5—Ham omelet, toast, grapefruit cup, and coffee.

Pumpkin pie for Thanksgiving? Certainly. No Thanksgiving should be allowed to slip by without a pumpkin pie.

Pie Crust
Regardless of the kind of filling, the pie crust must be so tender that it almost melts in one's mouth, and also the flakier it can be made, the better it is. Both ingredients and manipulation are of prime importance in making a tender flaky pie crust. For each pie crust, the following ingredients are used:

- 1 cup pastry flour
- 2/3 teaspoon salt
- 1/3 cup lard, chilled
- 2 to 4 tablespoons ice water

The flour and salt are combined first, and into this, the lard is cut until the crumbs are the size of dried peas. Then the ice-water is added, a small amount at a time, and mixed through the flour and lard until the dough just holds a ball. This is rolled lightly and quickly on a slightly floured board or canvas, placed in the pie pan, the edge of the dough crimped as desired and the shell baked in a hot oven until it is done, about 10 minutes.

The pie-crust should be allowed to cool, then filled with pumpkin chiffon mixture and garnished

Sausage Cakes—Pineapple Rings



Serve something really fine Thanksgiving morning to put the family in a holiday mood. Sausage cakes served on pineapple rings will do the trick to perfection!

with whipped cream forced through a pastry tube.

- Filling**
- 1 tablespoon gelatin
 - 1/2 cup cold water
 - 1 1/2 cups cooked strained pumpkin
 - 1 cup light brown sugar
 - 3 egg yolks
 - 2 teaspoons cinnamon
 - 1/2 teaspoon ginger
 - 1/2 teaspoon allspice
 - 1/2 teaspoon salt
 - 3 egg whites
 - 2 tablespoons sugar

Soak the gelatin in cold water. Make a custard by cooking in a double boiler the pumpkin, sugar, egg yolks which are slightly beaten, spices, and salt. Add the gelatin. Cool. When the mixture starts to congeal, fold in the stiffly beaten egg whites to which the 2

tablespoons of sugar have been added. Pour into the baked and cooled pie shell and chill in the refrigerator for one hour or until the filling is firm enough to cut.

- Doughnuts**
- 5 1/2 cups flour
 - 4 teaspoons baking powder
 - 1 teaspoon salt
 - 1 1/4 cups sugar
 - 1 teaspoon nutmeg
 - 3 eggs
 - 1 cup milk
 - 6 tablespoons melted lard

Sift the flour, baking powder, salt, sugar and nutmeg together. Add the eggs which have been beaten with the milk. Lastly add the lard. Roll onto a floured board to 1/4 inch thickness. Cut out and fry in deep hot lard at a temperature of 350F. to 360F. Drain, roll

while hot in powdered sugar and cinnamon mixed together.

- Oatmeal Cookies**
- 1 1/2 cups flour
 - 1 teaspoon soda
 - 1 teaspoon cinnamon
 - 3/4 teaspoon salt
 - 2 cups dry oatmeal
 - 1 cup raisins
 - 1 cup sugar
 - 1/2 cup lard
 - 2 eggs
 - 1/2 cup milk

Sift the flour, soda, cinnamon, and salt together, and mix with oatmeal and raisins. Cream the lard, sugar and 2 tablespoons of milk until light and fluffy. Add the unbeaten eggs and beat well. Add the dry ingredients alternately with milk. Drop by the teaspoon onto an oiled cookie

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