

## DON'T RUSH ABOUT WILDLY AND LOSE BEAUTY. IS EXPERT'S ADVICE TO WOMEN

Why the Hurry? Why the Worry? Why the Pained and Strained Expression? Faces Were Not Designed to Look Like That. Is What Antonette Donnelly Has to Say.



Everybody's doing it. Doing what? Scurrying! Rushing madly somewhere! Rushing madly nowhere! But rushing, rushing, rushing right along! Haven't time! Haven't time! Haven't time to go to bed! Haven't time to rest my head! Haven't time for any play. No. Not today! No. Not today! Have an awful lot to do. Keep me going the whole day, too. Haven't time to read or write. Haven't time to take a nap. I've got so terribly much to do. Don't know how I'll ever get through. Every day it's the same old story.

BY ANTONETTE DONNELLY.

AND every day it's the same old story! But what's all the hurry about? Why the hurry? Why the worry? Why the strained and pained expressions? Faces were not designed to look like that. Bodies were not intended to run on high every day and all day. How about turning this into inventor, day? Taking stock of energy expended, energy saved, and the debit and credit after these days and days of rushing madly hither and yon? How about talking business—straight, hardheaded business—to yourself? Make out a report for your own benefit, as to just what you have lost in this scatter-brained, unsystematic process of life of yours, what you have gained, if anything. Figure it out like a sane business man, subtracting fully for deterioration. Figure further what the end of one year, five or ten years will be at this rapid rate of deterioration.

Striking a Balance. And then add it all up—and face yourself in the mirror as you are or as you will be at the end of a given time. Put down on the debit side: Wrinkles due to the unrelenting hurry-dammy irritation over trifling incidents en route; loss of temper, account insufficient sleep; worries over ridiculously petty things; set tense expression due to lack of play in your life; gradually lowering vitality, due to the entire combination of foolishness—and what have you got? If a business man had as many deficits as that he'd shut up shop and walk out. Well, suppose you do that today. Walk a couple of miles and walk back in again, willing to start this health and beauty business of yours all over again, from an entirely different standpoint.

Early to Bed. First, you must let yourself down. How to do that? Sleep more. Get to bed earlier at night. Force yourself to do it, if necessary. If you've been a singer in the "hurry up" chorus you'll need a whole lot of sleep. Take one whole day off a month for no other purpose than to lie abed. Make it Sunday, if no other day is available. Go to church, if that is your most excellent habit. Come home, and the rest of the day is yours. Use it for sleep and rest.

The whole trouble with the hurrier is lack of system in her life. The difference between the people who really accomplish big things and hold to their youth and beauty is in the system in their lives. Here's where we women fail, why more of us are not done in oils for the halls of fame. Every big woman who has attained success has done it by conserving her energy for the big things and wasting nothing on fruitless, footless rushing about. Not that she excludes play! No, indeed, she provides for that as a necessary part of her upkeep. When you seek an interview with her, she has the time to give it and give it leisurely. She does not greet you with: "O, I haven't time!" Why?

And Early to Rise. She begins her day in the morning. Not at 10:30, nor at 12. She begins it the night before, in fact, by getting a full quota of sleep. And I'm not speaking of the woman out in the business world alone. The successful home woman applies the same business tactics to her life. She is the woman with a whole brood of children, perhaps, with time for their care and outside interests as well who mayhap lives next door to the mother of one or none and who never has time for anything.

"It's all in getting up in the morning," said one of these lovely women. "It's planning your day and beginning it right. Then there's no need for hurry or worry. It's the only way to keep up with yourself. Then you have time for your friends, and what would life be without them? You have time to read. You have time for pleasure. If it is true you get out of life what you put into it, you must put system into it to get success back."

The whole thing boils itself down to taking life more really. Only by systemizing the day can this be done. The hurried, tense, nervous, irritable woman with a face to match has no system. The placid, well poised, amiable attractive woman has, if you get

a system you naturally do what you can that day and let the rest go over until the next, eliminating the unnecessary as you go along.

It's All in the System. Into this systematic day you must inject the observance of health and beauty rules. Just take the morning bath, as an example. This habit alone will do wonders toward getting you into a perfect frame of mind and body for the day ahead. At the same time it is beautifying and, after all, this whole system idea of mine is more than financial. Brushing the teeth after each meal, brushing the hair at night before retiring—nothing will keep it more beautiful and healthy—getting some form of exercise daily—these things all belong in the day of the woman who is systematic.

The woman who is always rushing and hurrying never has time to cold cream her face at night; more often than not she slides into bed without washing her face, much less taking a bath; she brushes her hair just before it is shampooed to get the snarls out. She hasn't time for any of the nice details that distinguish her prettier sister, she hasn't time to improve her mind by reading, she hasn't time to cultivate interests that give her a

fresh outlook and keep youth in her heart.

It's all in the system, I repeat, all in the system. You have the same 24 hours to establish as fine a living system as the next woman. And you have no more reason to be time tied than she has.

BEAUTY ANSWERS. Meds: Think I will have to start a hairbrushing contest one of these days to inspire the more general use of the hairbrush and incidentally match up a whole lot of differences between departing hairs and careless scapals. The brushing is exercise for the scalp, and at the same time it cleanses it of dust and grime and dirt from which springs all manner of hair troubles. So get out the hairbrush tonight and apply it for five good round full minutes, and again in the morning; and keep that up for one solid month.

Mrs. P. E.: I will give you two waist exercises right away quickly, so you won't have the excuse of not knowing what to do another minute. Stand with right foot forward about a yard, hands raised above head; take a deep breath; then slowly bring hands to toes of extended foot, exhaling as you go down. Keep left leg straight and bend right slightly. Do this three times; then reverse, extending left foot; repeat three times. Gradually increase to ten times each.

Then do this movement: Keep feet firmly on floor about 30 inches apart, hands over head; take a deep breath; then turn to right from hips up. Swing hands down with vim, and touch the floor with left hand as near

the right heel as you can make it. Reverse, trying to touch right hand to left heel.

Gradually increase from day to day until you can do this 10, 15 or by the end of the month 20 times.

C. K.: I am sorry, but I cannot recommend any proprietary article in these columns nor in my personal mail. However, I have some information on care of the scalp and hair which I feel sure will be of invaluable assistance to you, and which you are quite welcome to in return for a stamped addressed envelope.

K. R. T.: The shape of one's lips cannot be changed much after we are 25 years attained full growth, unless their unshapeliness is due to irregularities of the teeth which dental surgery may correct, or to the practice of keeping the corners of the mouth up in a smile in place of the downward drooping effect worn on so many unhappy looking faces.

Editha: Lime water is a good mouth rinse; in fact, one of the best. Pour a little of it into a glass and, taking some in the mouth, force through the teeth.

Distressed.—The juice of a raw tomato will remove fruit stains from the nails. A solution of acetic acid and rose water, one part of the former and 16 parts of the latter, is a good thing to remove stains from the nails, too, or powdered pumice stone and peroxide will do it.

Anxious.—Why are some folks so nice and plump and you so painfully angular? Why are some folks blonde and some brunette and some red-headed? Just born to curves or angles, as a rule. Some avoid the curves by an eye on the diet, and some encourage angles by avoiding the foods they should partake heartily of. To fatten the arms and legs you have to fatten all over. First thing, get a good night's sleep. Then remember thin people require an abundant supply of energy food or fuel foods, fats, sugars, starches. Butter and oil are the best fats, as they are less likely to disturb the digestion. Your problem is to secure the largest number of calories in the most digestible form. Wouldn't you like me to send you a little pamphlet giving a couple of dozen skinny folks, from which you can get ideas for other menus? It contains a list of the fattening foods and other information. Too long to print here. Send a. s. e.

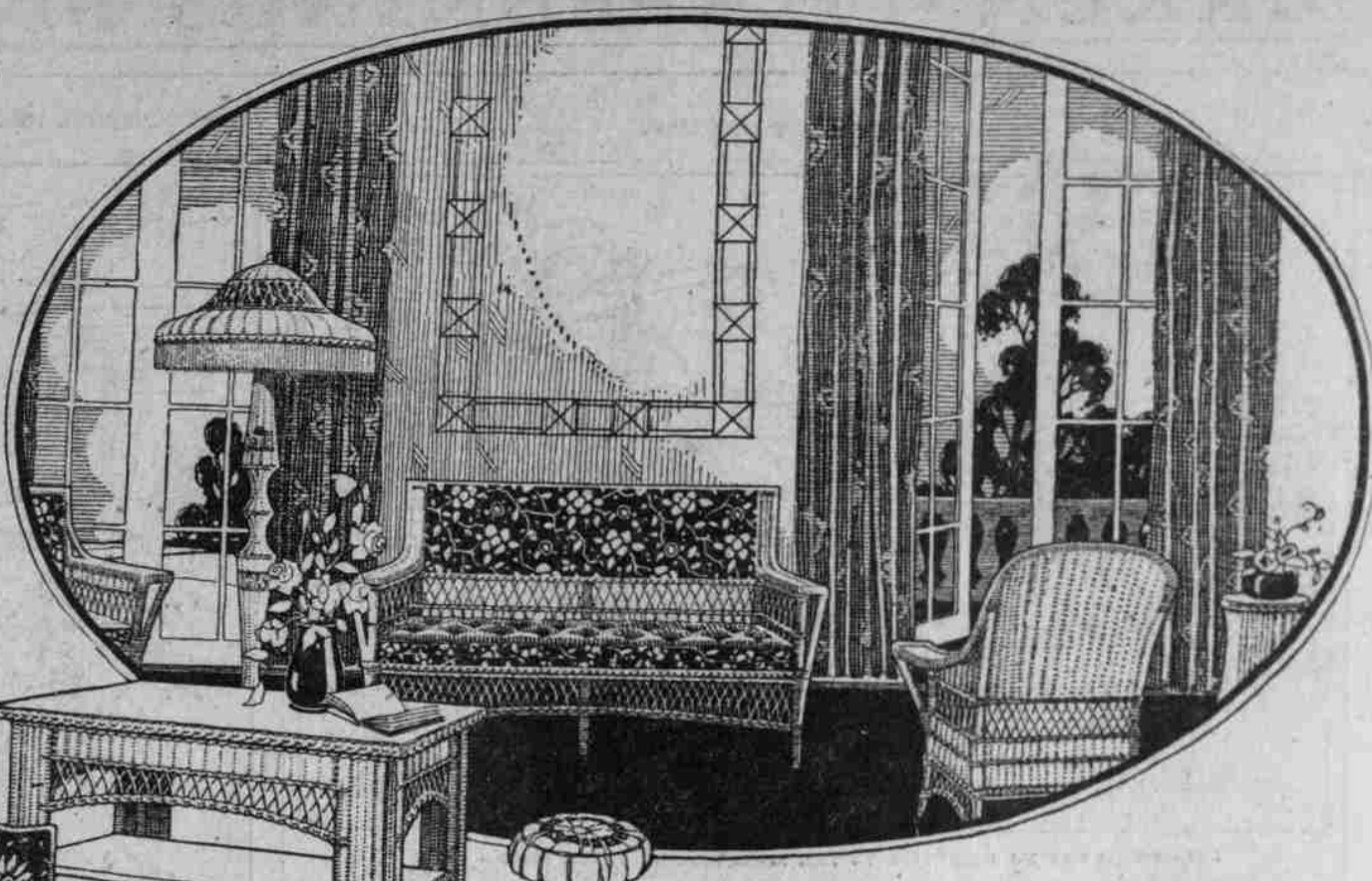
Inquirer.—A certain amount of protein is absolutely necessary. It may be reduced for a few days, but it is a common error of diet consists in using too much protein. This excessive proportion is due to the extensive use of eggs and meat, which are high in protein. Most ordinary foods contain more or less of it. Milk should not be taken between meals merely to quench thirst, because it induces overweight, unless, of course, you want to fill out.

Sufferer.—Just have a letter on my desk from a woman who tried this corn remedy after trying everything else (read like a patent medicine ad, eh?) and she vouches for its corn-chasing ability. Extract of cannabis indica, 15 grains; salicylic acid, 1 dram; flexible collodion, 1 ounce. Mix well and apply with a tiny brush. Repeat every night until "there ain't any more corn."

Worrier.—If your hair is not naturally inclined to curl, trying to retain a marcel in hot weather is discouraging. It just has to be done often. There must be a natural curl in the hair to take the water wave well at all. It's just one of the weather discomforts we have to put up with. Be thankful it isn't a worse one.

Aida.—To apply the egg astringent does not require outside aid. Cleanse the face with a good cold cream; wipe off, and when the skin is dry apply the white of the egg with a dry bristle brush. Let the white dry, and then apply a coating of the yolk of the egg. When dried thoroughly, rinse with cold water. Send a. s. e. for the shampoo directions and the dandruff remedy.

The Girls' Polytechnic School Chorus of 125 in Concert Today at Public Auditorium at 3 P. M.



## The Artistry of Wicker

To meet the demand of the modern American home for furnishings that are most colorful—that provide greater comfort and that make possible the most unusual degree of harmony in home furnishings, we are featuring a wonderful showing of all the new things in wicker furniture. Wicker furniture is especially attractive in the living room or sunroom, where its soft, restful colors seem to bring a breath of the great out-of-doors into the home itself. Come in and see this special exhibit—note the beautiful finishes in fibre, reed and willow—the coverings in cretonnes and tapestries are wonderful.

- Extra Special Numbers for the Week**
- \$14.75 willow chairs in old ivory finish at ..... **\$8.90**
  - \$30.50 ivory arm rockers covered in cretonne at ..... **\$21.85**
  - \$19.75 reed chairs in ivory and cretonne for ..... **\$12.15**
  - \$39.50 willow chairs in frosted brown, covered in cretonne, at ..... **\$26.75**
  - \$59.75 reed davenport table in ivory for ..... **\$42.50**
  - \$38.75 fibre chairs, rockers, frosted brown, tapestry seats ..... **\$24.60**
  - \$41.50 oval-top tables in willow, finished in ivory, at ..... **\$29.75**
  - \$37.25 chairs or rockers in frosted copper at ..... **\$24.15**
  - \$84.75 fibre davenport, frosted brown with cretonne cushions. .... **\$59.50**

A Large Showing of **Odd Size Rugs in Brussels---Axminsters**

This big carpet department of ours not only carries a complete stock of rugs in the regular room sizes, but also shows a big assortment of rugs in the odd sizes for folks who have large rooms to cover. We show at present exceptionally good numbers in Brussels and Axminster in the following sizes: 9x9, 9x15, 10.6x13.6, 11.3x12, 11.3x15, 12x15.

**\$1.75 Inlaid Linoleum \$1.43**

Your choice of four good patterns in this extra heavy grade.



**Powers Will Deliver Any Phonograph Up to \$150 for \$5.00 Cash**

BRUNSWICK—VICTROLA

Why buy a phonograph of unknown make when you can take your choice of two of the world's best machines and buy them on such easy terms of credit? The Brunswick and Victrola are guaranteed by both the maker and ourselves, then you take no chance whatever when either is purchased at this store. Our special personal service means a lot to you, too.

Leopold Godowsky, Master Pianist, Plays Exclusively for the Brunswick—Hear Him at the Heilig Wednesday

Here are a few of his records you can buy at Powers:

Rustle of Spring Marche Militaire Kamennoi Ostrów  
Waltz in C Sharp Minor Witch's Dance Impromptu in A Flat



Splendid Queen Anne Dining Chairs **\$8.90**

If you have planned on buying a new set of dining chairs to match up with your table, here is an offer that is extraordinary. Dining chairs almost identical to illustration in either the walnut or mahogany finish, with your choice of either brown or blue leather, can be had at this low price. Our dining-chair showing at this time is very complete and many other late patterns are offered.



New Pattern Queen Anne Dining Tables **\$39.75**

Desirable because of the unusual shape of the top and the curve of the gracefully designed legs. This table is suitable alike for the apartment or home for the reason that it is just the right size for either of them. We offer it in both the walnut and mahogany finishes at a price a great deal less than you would ordinarily have to pay. Scores of other period tables on show up to \$150.

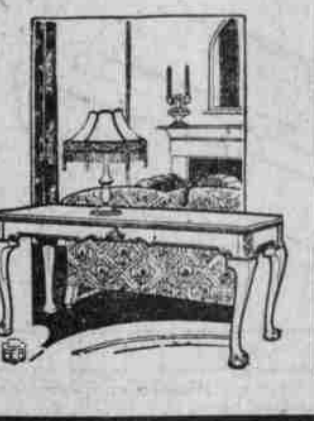
Three Excellent Patterns in **Davenport Tables for Less**

Good tables you will like because they are rightly constructed and rightly priced.

\$33.50 mahogany davenport table, Queen Anne design.... **\$24.75**

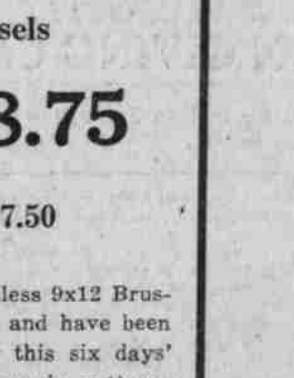
\$49.75 72-inch davenport table in mahogany at..... **\$34.50**

\$66.50 Queen Anne davenport table, a splendid number, at... **\$59.50**



**A Real Felt Mattress for \$13.40**

Ordinarily this mattress would sell for \$18.75. It is put up in a splendid art tick with imperial four-row stitched edge and De Luxe hand-lifting. It contains 50 pounds of layer felt cotton, making a mattress which is both durable and comfortable. Come in tomorrow and make your selection. We will gladly extend terms if desired.



**The Very Newest Curtain Materials**

35c Scrims and voiles in white, cream and ecru, with 36 inches. Special, yard at..... **23c**

65c Cream madras with blue, yellow, pink and green designs suitable for chamber use. Special, yard. **53c**

\$2.50 Sundour cloth in six colors, suitable for living or dining-room drapes, 50 inches wide, yard. **\$1.69**



## "Kroehler" Bed-Davenport

Go on Sale Tomorrow

### Special Prices—Special Terms

The most extraordinary sale of "Kroehler" bed davenports starts at Powers tomorrow morning when two carloads of these famous davenport beds will be offered for selection at low prices and on special terms of credit. This will be bed-davenport week, with scores of beautiful styles to select from.

**An Added Room and Subtracted Rent**  
That is what the "Kroehler" bed davenport means—a beautiful piece of furniture by day and a wonderfully comfortable full-sized bed by night. This is one of the most remarkable sales we have announced, and with the low prices and exceptionally attractive terms it is well worth the attention of every Portland housewife.

**It is a Double-Purpose Davenport**  
By day it is a luxurious, beautiful piece of living-room furniture. By night it is a wonderfully comfortable full-sized bed. It gives all the comfort that a spacious, airy sleeping room can afford in the same floor space that by day is a living room. The "Kroehler" takes the place of an added room and subtracts from the family budget the extra rental which that room would cost.

**\$1.00 Delivers Your "Kroehler"**

**\$1.00** **POWERS** **\$1.00**

Delivers Your "Kroehler"

QUALITY FIRST **USE YOUR CREDIT** THIRD & YAMHILL

Delivers Your "Kroehler"