

Fashions Woman's Page Helpful Hints

SPRING FORERUNNER OFFERED BY PARIS

Smart Fur Choaker. Collars Proving Popular Among Society Women

By HAZEL REAVIS (Associated Press Fashion Editor) Paris AP—Society women who go south for the winter are favoring the new light weight wrap-around fur bordered coats designed especially for the fashionable who follows spring around. The feature of these coats is the smart fur choaker collar which forms the only fastening and is a continuous band bordering the neck and right side of the coat.

What to Wear and How to Wear It



Fashion Expert for Central Press and The Statesman.

The flared, short, suit coat, which Philippe and Gaston were first to show in the Paris mid-season collections is attracting wide attention among professional buyers who see in it a possible forerunner of Easter styles. This house has many two-piece suits with the flared jackets which are longer in back than in front and stand out in a mild ripple around the hips.

I Have Said in My Heart

Optimism It is very hard work, sometimes, to keep one's point of view optimistic; to believe that whatever is, is best. As I write this morning, my whole soul is in rebellion against that part of life which, try as we may, we cannot change. That part of our destiny that goes on and on, inexplicably sending to those we love great physical suffering which may only end at last in untimely death.

By Lucy Claire

fective, and quite simple to adjust. The gown was of white satin with harness decollette, and the sleeves arranged to reveal a skirt fullness with so great a determination that it looks as though the flare silhouette was back for a long run.

New Hosiery Shades Found Little Darker

Paris AP—Fashionable hosiery shades are deepening all along the color card. For daytime much deep beige and nut brown is being worn in Paris, along with gunmetal gray. The evening shades are still flesh color for wear with white and pastel shades. Pale sunburn hose are worn with black. The smart Parisian wears hose which exactly match with all shades of beige whether for daytime or evening.

Evening Head Dress Again in Evidence

Paris AP—The turban and jeweled coiffure are again popular with some Parisians. For theater and restaurant wear one frequently sees tight-fitting toques of gold or silver lame, cleverly draped and usually bejeweled. There are a few examples of lame turbans to match lame evening wraps. Women who have let their hair grow, or who wear transformations, which continue to be fashionable, frequently wear jeweled combs, or jeweled hair pins, with ball tops.

URAL GEMS POPULAR IN PARIS JEWELRY

Bangle Vogue Seems To Have Started All Over Again; Tinkle Heard

By HAZEL REAVIS PARIS.—(AP)—A sudden craze for Ural stones, the white diamond-like gem from the Ural mountains, has swept Paris. Chains of Ural stones in silver settings are the most popular piece of jewelry of the moment. Parisians wear them for afternoon and evening, often with matching bracelets and brooches.

SMART LOOK STARTS WITH UNDIES



A little brown dress which might be very well posed over the above lingerie is pictured (right). Neck and cuffs are trimmed with real lace. It has a bloused bodice, flared skirt made in circular fashion, and is made of satin. With the gown Barbara Worth, the model, wears a tan felt hat trimmed with brown ribbon. Bag and gloves are of tan leather and pumps are of tan and brown leather.

RESEARCH WORK AIM OF ECONOMIC GROUP

Many Problems Being Studied With Intention of Making Work Easier

Washington AP— Household work will be easier, more efficient, and more satisfactory for the women engaged in it, believes the Department of Agriculture after five years of scientific research into problems incidental to homemaking. Headed by Miss Louise Stanley, former director of home economics at the University of Missouri, a staff of 25 specialists has been working on laboratory problems or statistical analyses in three main fields. These are foods and nutritions, economic studies, clothing and textiles. Other sections are planned for the future.

REQUIRES ONLY FEW MINUTES FOR WORK

Things Have Changed and Women No Longer Need Spend Life In Kitchen

Galley 1.—woman's —J. gibbons Things have changed. Woman's place is no longer restricted to the home, with a large share of her time spent in the kitchen. The modern woman does not neglect her home. In fact she has made home life more inviting and more inspiring than ever before, because she has developed an extremely efficient degree of scientific management. She is a devoted wife and mother, ideal, and yet she has more time for herself than ever before.

Broadtail Ensemble



A blouse of gold metal cloth is worn with this broadtail ensemble, with collar and cuffs of stusk.

The division of foods and nutrition is interested in whatever pertains to normal, wholesome diet, food-selection and meal planning. Bulletins have been issued dealing with good proportions in the diet, or with means and ways of using particular foods.

A large number of household accounts are being summarized by the economic division to determine family standards of living. A circular has been prepared to aid in planning family expenditures. The housewife's use of her time in doing her work is being studied to determine in what ways women can use their time to better advantage.

Winter Sport Girl Selects Bright Colors

Paris AP—Fuzzy and bright are words to reckon with in picking a winter sport costume. Paris insists on one or both elements in the togs for skiing, tobogganing, skating, curling, mountain climbing and all the other "ings" of the snow countries. Long knickers which tuck into gaiters are the universal choice for snow sports. Paris shows them in fleecy navy blues, dark browns, and dark greens with fleecy-lined jackets in bright check plaids, or stripes, to match. Under the jacket is a pull-over sweater.

Dress Ornaments Now Made of Jade and Coral

Paris AP—The newest piece of costume jewelry to be adopted by Paris is the big ball or lozenge shaped pendant which is attached to the blouse or dress with the left side of the blouse, high up. Jade green or pink, coral, cornelian, amber and crystal are used for the pendants but jade is by far the most popular. Sometimes two of the pendants are used but the precedent followed by the smartest designers is only one. The ornaments are equally popular for silk or woolen costumes.

Living and Loving

BY MRS. VIRGINIA LEE

Songs of a Housewife

The Master Artist There are no ugly gardens; The colors all combine— With taste and grace more certain Than artistry of mine. Flowers always "go together." No combination's "wrong." For each bouquet is perfect, Harmonious as a song. There is no garish clashing Of yellows, pinks and blues. Because a Master Artist Blended and planned the hues. Strayed: A Pup The spotted pup who came and went each day, Who seemed so lazy and content, Packed up his fleas and maved away. Some other housewife saves him bones. Scratches his ears and pats his head, Wipes up his muddy tracks—and groans, And spreads behind the stove his bed. I wish her joy of him. She'll start To love—take heed!—his ways, and then, Be warned! One day he'll break her heart. Born tramp, he will be off again! Read the Classified Ads

PERT LITTLE HAT BECOMES THE VIVACIOUS GIRL



The vivacious girl and the pert little hat are an unbeatable combination. A charming chapeau of the "dance" type is made of black and silver combination chenille (1) and has a ripple brim and narrow silver ribbon band for trimming. The snug little beige and brown velvet street hat (2) is decorated with curly curls of felt and a rhinestone and celluloid ornament. The upturned brim is piquant. It is used on (4) in a Lanvin blue velour crushable model trimmed with blue grosgrain ribbon spiced in the crown. No. 4 shows the effect of a plain black felt sports hat to set off an animated face. A winter wrap of gray art designed jersey cloth with gray fur collar (3) is accompanied by a plain felt chapeau.

How to Achieve Beauty

Diets That Reduce to Beauty Proportions The two great causes of excess fat, or obesity, are too much to eat, and not enough exercise. Of course, there are certain physical ailments that cause obesity and any woman who is greatly overweight and cannot reduce by changing her mode of eating and by exercising should consult a doctor. Most people take in more food than they need to keep their fires of energy burning and what does not get worked off with exercise, turns into fat. Your body must do something with every bit of food that goes into it and the layers of fat are the storeroom, where it sends what it cannot use. Your occupation should determine to a large extent how much you eat. People who do physical work need much more energy-building food than the sedentary workers. Important as normal weight is to beauty, it is even more so to your general health and comfort, even to your length of life. Statistics compiled by insurance companies have shown that a person of 50 years who is 50 pounds overweight has half the expectation of life of one of similar age and normal weight would have. Fat is so closely tied up with physical health, that you must be extremely careful to do your reducing in a way that is not going to be harmful. Too-rapid reduction is not only bad for health, but it is the worst thing in the world for beauty because it makes your face look old, relaxed, perhaps badly wrinkled with unhealthy hollows under your eyes. Starvation is too great a shock to your system. Also, you should be careful not to begin violent exercise too soon after a period of sedentary life. Remember that you cannot undo in a few weeks the result of years of overeating and inactivity. When you reduce, do not starve yourself but select the kind of foods that force the body to draw upon the fat deposits to fill certain needs your eating does not satisfy. And be satisfied with throwing off two pounds a week. Foods to avoid are rich salad dressing, sugar, custards, candies, rich cakes, pies, rich gravies, salmon, shad, herring, butter-fish, mackerel, fat meat such as pork, duck and goose, milkshakes, marmalades, nuts, cream, fried foods, cream soups, too much potatoes and bread and butter. Cottage cheese made from skin milk, eggs (any way except fried), buttermilk, orange juice, lemonade with a little sugar, tea or black coffee without sugar, the lean fish like cod, flounder, haddock, clams, lobster, etc.; lean meats such as beef, broiled, boiled or roasted, lean chicken, turkey, lamb, hamburger steak, lean ham or bacon. You should have plenty of vegetables are the leafy ones and they are most beneficial uncooked. Here is a typical day's menu that will help you take off weight and which I have chosen from among those given by one of the leading dietetic authorities. Breakfast: one orange, poached egg, two slices of lean, crisp bacon, one slice of toast, not too thick, one cup of coffee, black or with milk instead of cream, no sugar. Lunch: one dish of vegetable soup with two soda crackers; lettuce and tomato salad with French dressing containing little oil, one roll and butter, buttermilk. Dinner: one small lamb chop, one small baked potato, brussels sprouts, celery and cabbage slaw, one roll skin milk, and for dessert, grapefruit. For reducing specific parts of the body there are certain soaps and jellies to be rubbed in or you can do much with reducing baths. However, I must save these for another week, and in my next talk tell you about "Diets That Build Up Beauty Curves."