



Woman's World

By MAIR M. MORGAN

"A Woman's Place is in the Home."

Your Skin

Weather-proofing your skin against the cold is an immediate problem to most women.

Women with oily skins may lament but it's the dries who should complain. For oil in your skin is the protective coating against cold weather, the ravages of a too-hot and too-dry house and age.

If you are a born dry, just recognize the fact and lubricate your own face, neck, arms and hands.

Dry Skin

Have you ever, when doing the work, or sitting at your desk in the office, felt your face feel rather taut, your head hot and your lips dry? Have you, in such circumstances, ever tried the simple expedient of dashing cold water over your face and letting it dry without wiping? If you have, then you will understand this beauty hint. Probably your skin needs more oil than it has and you should give it to it.

It sometimes is not just a simple matter of rubbing more oil into the skin. You may be cheating yourself of enough butter and cream in your diet and your whole system may need fat. It may be that your nerves are tired and you need rest. It may be that you are growing dried-up or dehydrated. The answer to that is to drink more water, lots of it, a glass an hour on the hour for a week or two and then see how you feel.

But rubbing oil into the skin always helps, even after you have done the more fundamental beauty things.

Stir Circulation

Also give your face the treat of getting slapped to stir the circulation. Particularly, massage your temples, delicately touch the fine nerves just inside the inner edges of your eyelashes and through that little space between them. Also ruffle up your hair all over your head and rub the muscles at the back of your neck.

Don't let the tension of winter get you!

Dress to Suit Your Hair

Most of us, in these enlightened days, dress to hide our bad points, and accentuate our good ones, but still many of us fail to get the desired result because we do not give colour the valuation it should have in producing a charming tout-ensemble.

Ash Blonde

How attractive she looks in grey for day wear, or, if she is very pale, navy blue or vermilion. And she who is the lucky possessor of vivid blue eyes never forgets to echo their colour somewhere in her toilet.

And for the evening, brown can be so charming, as well as being fashionable just now. Then there is a rich cream—so much more becoming than dead white. Black, of course, is always right, while mauve, if she has the right amount of colour, and makes up very carefully, can look superb on a girl of the ash blonde type.

Golden Blonde

The golden blonde with deep blue eyes can wear with success much more vivid colours than her ash blonde sister.

If her complexion is colourful, and good, she looks radiant in bright greens and blues. Yellow is not for this type, unless it has a decided tint of green in it.

For evening wear, golden browns are delightful, and a beige lace dress is a wonderful stand-by for an evening or semi-evening gown.

Black, as usual, is chic, and throws up the golden lights of her hair, and is most becoming if her figure is "not-so-slim." But if she is the willowy type, something bright in a restaurant or ball-room makes a wonderful background for the golden blonde.

Titian

Red hair! How devastatingly beautiful she can look in the right shade of green—leaf green. How it shows up her wonderful hair, and the whiteness of skin which the Titian type nearly always possesses.

Grey is another safe colour, and, of course, brown to tone with the hair is always right.

For evening wear, nothing looks lovelier than white.

Brunette

A brunette with an ivory skin! She should never wear brown. It kills the subtle tint in her skin. Black and white for day wear—nothing looks better—or beige. The later intensifies the creaminess of her skin, and is always in good taste.

And for the evening, vivid colours are for the brunette. Green, blue, red, orange, all can be worn with perfect success by this type.

Golden Slumbers

It is natural to feel more tired in the winter. We need more sleep during the darker months of the year. It is therefore rather necessary to get as much good as possible out of your night's rest.

It is a mistake to take anything in the way of very nourishing soups or drinks made from meat extract late at night. Like coffee and tea, these

are stimulants and do not tend to induce sleep.

Even hot milk taken at night should have a little warm water added to it. Hot milk, particularly if it is drunk at all quickly, is too heavy and may easily cause indigestion.

The spine is very sensitive to cold, and the nerves of the spine must be at rest before sleep is possible. Massage of the spine is said to induce sleep, but a good substitute is to place a warm hot-water bottle in the small of the back, or even in the nape of the neck. In very cold weather a small back pillow should be used to keep out draughts.

Cold feet are also sleep robbers. Exciting discussions or exciting books late at night are others. Hunger will keep people awake, so in avoiding extreme suppers, do not go to the other extreme and have none at all. A biscuit or some small thing eaten when one is wakeful will sometimes induce sleep.

The most health-giving sleep is to be had before twelve; see that you are in bed in time for it whenever possible.

Laundering Lace

If you are washing a particularly lovely bit of lace, a collar or a jabot, squeeze it out in tepid soap suds, rinse in the same temperature, also by squeezing. Then take a towel, spread it out firmly across a table or bed and take a whole paper of pins, if necessary, and carefully spread out the lace, putting pins through the edges to hold them stretched so that the whole thing dries in shape.

Calamities

Calamities that seem insupportable when looked at from a distance lose half their power if met and resisted with fortitude.

Grease-Stained Gloves

Sometimes gloves become greasy-stained through driving a motor car. Such stains should be removed in the following manner. Rub pure lard over the grease marks, and allow it to remain on the gloves for several hours. Then remove as much of the grease as possible and clean the gloves with turpentine. If the gloves are washable, then they should be washed in warm soap water. The lard is used to soften the stains, which will then come out easily. If the gloves are either washed or cleaned with the turpentine.

Constant Washing

The busy woman who is constantly washing her hands will find a bowl of fine oatmeal beside the sink an excellent substitute for soap—just to dip the wet hands into and rub well, as if with soap, and rinse off. If this seems insufficiently dainty, a piece of scents root can be kept in the bowl to scent the oatmeal, giving, when moistened, a faint fragrance as of violets.

Baked With Honey

Honey baked apples are a piece of cookery to recommend, according to those who have tried them. First bake the apples in a little water until tender and then remove from the oven and drizzle a thin stream of warm honey over them.

White enamelled furniture will not turn yellow if washed with warm water in which two table-spoonfuls of household borax has been dissolved.

For Your Notebook

To clean light-coloured or drab cloth gaiters, sponge in cold water into which one or two grated potatoes have been placed. Rinse in clear, cold water, then hang up to dry.

To ascertain if waterproof is really reliable, allow about ten drops of water to fall on one part of the material from a height of about six feet. If the waterproof is reliable there will be no suggestion of dampness on the reverse side of the material where the water fell.

When woollen socks and stockings get beyond repair, do not throw them away. Wash them and, when dry, cut off the feet, draw one leg over the other, and then fold over and tack down the sides to make a bag like a washing glove into which you can slip your hand easily. These make splendid polishers when rubbing up furniture or cleaning shoes. Another plan is to slip open the legs, and tack several together for floor-rags and rubbers.

Prayers

My prayers were printed in a book—Smooth prayers, the paper fine, Morocco-bound, gilt-monogrammed, To show these prayers were mine!

Scattered and torn things now, my prayers,

Of swept up on a moan,

But I don't need a monogram

To prove they are my own!

—Violet Almey Storey, in the New York Times.

Cold soup makes the boarders hot.

First Back of Spain



Has many backers. Senorita Alicia Martinez Arellano came out first with the dons of Madrid, recently. Her back was adjudged most beautiful in all Spain.

Study of Soil Reveals Microbes

Study of Land, Primary Resource of Man, Long Neglected in Research

Breath our best, as we walk across a lawn, there is a teeming world of life more varied and richer in its profusion of forms than any jungle flora and fauna ever seen on the surface of the earth, writes G. Edward Pendray in The N.Y. Herald-Tribune. In the tiny interstices between particles of colloidal clay roam: countless millions of protozoa, prying upon one another and upon an almost endless variety of microscopic plant life and refuse from above. Meanwhile, back in the oxygenless caverns where even the voracious amoeba cannot enter, anaerobic microbes cluster, plucking molecules of nitrogen from the gases surrounding them. The nitrogen they convert into those soluble compounds upon which all surface-life, from the smallest plant to the largest mammal, depends for existence. Only these micro-organisms of the soil have the marvelous power of fixing nitrogen direct from the form in which it exists in the atmosphere.

SOIL STUDY LONG DELAYED.

One of the anomalies of science is that natural phenomena of greatest use to man are sometimes last to be studied. This is certainly the case with respect to the soil.

The first real insight into the nature, origin and development of soils was obtained by Russian scientists who made a study of the black soils of the great plains of continental Eurasia. Previous to this soils were considered only as a part of the earth's crust, without character, development or laws of their own.

How wrong this estimate was is revealed by recent discoveries in soil science, some of which were outlined only recently at the sessions of the American Soil Survey Association and the American Society of Agronomy at Washington. As a result of the work of the Soil Survey of the United States Department of Agriculture, it is now known that in the United States there are six great groups of soils which

are clearly distinguishable from each other, and that their differentiation is caused essentially by the climatic conditions under which they were produced.

To laymen, however, the most fascinating part of soil science probably is the tremendous miniature world of living things which inhabit it. Moist garden soil, according to an estimate, may be expected to contain in one level teaspoonful from 100,000,000 to 400,000,000 bacteria, 5,000,000 to 25,000,000 of a group of organisms a little larger than bacteria and known as actinomycetes, and from fifty to 500,000 pieces of different kinds of mold.

So varied, dynamic and interrelated is this teeming microcosm that many—perhaps most—of its denizens have so far escaped study and classification. From the point of view of man and the higher plants and animals, their chief functions are to destroy and assimilate the debris which would otherwise gather on the surface and overwhelm the world, and to fix atmospheric nitrogen into soluble compounds suitable for plant food and ultimately for the proteins which make up the major part of animal tissues.

ORGANIC MATTER DESTROYED.

The function of destroying organic material deposited on the soil appears to be participated in by most of these micro-organisms. The end products of their efforts are carbon dioxide, nitrogen compounds and the mass of organic material known as humus all of which are necessary to the life of plants. The interest of the micro-organisms in this process, of course, is only in the energy they derive from the raw material. The valuable soil constituents which result are only end products from which the bacteria and molds can extract no more energy.

Some of these soil bacteria appear to be unable to live when exposed to oxygen and are called anaerobic. The soil particles, except in very wet regions, are continually bathed in air which enters through the tiny crevices around the particles. The anaerobic bacteria, however, seem to be able to find places to thrive within the finer aggregations of soil colloids, where carbon dioxide gathers so thickly as to exclude oxygen, and so proves a suitable atmosphere for these tiny plants.

The numbers of the various micro-

Why I Envy My Children

This is not the first time in English history that the nation's parents have been troubled to what might come to their families. How the Soxon mothers' hearts must have ached when they gathered their frightened little ones into their laps the day that William the Conqueror set foot on Pevensey beach!

Imagine the parental panic that seized our sixteenth-century ancestors when the Armada came up the Channel. Think of the forebodings of our great-grandfathers when they heard the first rumblings of the industrial revolution with its threat of widespread unemployment. Some of them, called Luddites were so afraid that they went in for an orgy of machinery smashing and were hanged for it.

I say there is no reason why we parents should be afraid of what lies ahead for our children to-day. Whether we know it or not, those of us with children have a sense of destiny where others only have a sense of fatality. Our hands are on the shoulders of the men and women of to-morrow.

This sense of fatality has taken hold of far too many people. Sharp-eyed responsible for our present troubles.

It is for this reason that for the first time, at thirty-seven, I find myself envying those younger than I—because they will recover humanity's sense of destiny, produce leaders in whom it is the dominating power, and go on to triumphs of which we are not worthy.

If, as I think, to be a parent in these days is a greater adventure than it has ever been, I also think that it is a greater adventure now to be young.

I envy my children the new world in which they and their children will live. It is not going to be the test-tube world of the thin-necked, bulging-headed theorists, if the fine boys and girls I see around me are to have anything to do with it.

It will be a world of greater sanity.

There will be infinitely more good health. My children and theirs will have the advantages of all that medical science is now trying to achieve.

There will be far fewer diseases, far fewer deformities of body and mind. Epidemics will have passed into books, just as has the Black Death.

I envy my children because they will be much better acquainted with themselves than we are with ourselves. Where there is darkness in our minds there will be light in theirs. Reason will have a keener edge. Passion and prejudice will be deprived of their long dominion.

I envy my children because they will have more leisure than we can hope for. They will certainly have a five-day working week, and probably one of only four days.

They will have more time to study the arts, to discover beauty, to cultivate good manners. People will think with their minds and not with their nerves, as too many do now.

Specially do I envy my children because by the time they have grown up the fads and crazes and sham enthusiasms peculiar to the post-war years will have worn themselves out.

False reputations will not be so easy to make. It will be less of a gamblers' world than is ours.

Character will count once more. The still small voice will be heard again. Faith will be re-kindled.

There will be less crime. Politics will be concerned not with party manoeuvres and antagonisms, but with the paramount task of building a social system in which all shall have a chance to live the decent life.

Their will be a world well on the way to being set free from fear. For me, teaching my children to cast out fear is the most stimulating of all responsibilities of parenthood. It excites me to think that I can employ them to carry on into the next generation what for me is a holy war.

New Glasses Demonstrated



This little girl is thankful because Dr. Feinbloom of New York perfected telescopic glasses of a new type which enable many persons of poor vision to see almost perfectly.

Quietness

There is a truth in the heart's core of life, Unfaded, hidden, till we reach the close

Of some long day of passion, toil, or strife,

Too hurt for tears, too weary for repose,

'Tis this! That nothing matters after all

Except the stars and the deep-peace of snow.

The songs of wind and wave that rise and fall,

The wonder of green things that spring and blow;

Then we are fain to spare the puny strength

Of our small souls, to drop out of the race.

And be possessed with quietness at length;

But morning comes and once again we pace

The world's vain high-road, glamour in our eyes;

And only death, I think, will make us wise.

—Lorna de Luichi in Padman November and Other Poems.

Complaints of Tenant's Lavish Use of Water

In a recent case in Cape Town, S.A., the tenant of a house for which she paid \$24 a month (four rooms with a kitchen), said that she found the rent excessive.

The landlord complained that the tenant had been too lavish in her use of water. She had been using water at the rate of 8,000 or 9,000 gallons a month, which he considered too much for a small house with only one bathroom. He found her one day in winter, when it was raining hard, washing her stop. "She used water lavishly on the garden."

The tenant said that she had not realized that she was using so much water (ill her landlord showed her the account. Since then she had "gone slow," allowing herself only one bath a week.

I think that few people are aware how early it is right to respect the modesty of an infant.—Harriet Martineau.

Opinions

"In the long run, nations inevitably will tend to draw together, rather than draw apart."—Charles M. Schwab.

"The standard of living is going to go higher than it has ever been before."—Henry Ford.

"I am growing older, but it is difficult to grow better."—Leon Trotsky.

"If a wife tries to do more than make a home she will upset the harmony of the marriage."—Maurice Chevalier.

"We can't go on borrowing and lending; we must have buying and selling."—Lady Astor.

"Public speaking ought to be made a criminal offence."—George Bernard Shaw.

"Confidence will be rebuilt quite as much by the helpful act as the favorable balance sheet."—Owen D. Young.

"Being variable is indeed one of the great virtues of women."—G. K. Chesterton.

"To destroy is for man more easy than to rebuild."—Guglielmo Ferrero.

"If eloquence could be made illegal, the dangers of popular government would be much less than they are."—Bertrand Russell.

"Volume of business in the United States will get back to normal by the end of 1934."—Roger W. Babson.

"It isn't life that matters, but the courage we bring to it."—Hugh Walpole.

"Genius occurs far more frequently among men than among women."—Havelock Ellis.

"The most important thing for a child is to acquire an attitude of responsibility."—Mrs. Franklin D. Roosevelt.

"You can't run a government solely on a business basis. Government should be human. It should have a heart."—Herbert H. Lehman.

"I dislike the words 'about' or 'approximately'."—Benito Mussolini.

"The trouble with girls nowadays is they look on marriage as a racket."—Eddie Cantor.

"Without morality and trust it is impossible for society to flourish."—Albert Einstein.

"People have shown that they can live without luxuries and be happy."—Cardinal O'Connell.

"If the competition in armaments is to continue our economic system must ultimately collapse."—Sir Norman Angell.

"You get everything you want in life if you want it with the full concentration of your will power."—Vicki Baum.

"There is hardly any difficulty in the world which could not be solved by the faithful co-operation of the English-speaking nations."—Winston Churchill.

"In America youth tries to be old and age tries to be young."—Prince Louis Ferdinand.

"Life is given to all of us to make what we please of it; a masterpiece or a shabby piece of work."—Abbe Ernest Dimmet.

"Genuine education doesn't always come out of books."—Kathleen Norris.

"Wars have never been prevented by armed alliances."—Frank B. Kellogg.

"Man must quit looking upon his personal welfare as one thing and the welfare of his fellowman as quite another thing."—Nicholas Murray Butler.

"To improve is to change. To be perfect is to change often."—Winston Churchill.

"I discovered long ago that it requires courage to blast the hopes of an aspirant to literary fame."—Peter B. Kyne.

"Misery produces despair and despair knows no restraint."—Ex-Crown Prince Wilhelm.

"My diagnosis is that our present civilization is broken out with the hives."—Ray Lyman Wilbur.

"Contrary to the belief that the existing condition or crisis produces the man, I believe that man is more important than the condition."—Hendrick Willem Van Loon.

"Youth cannot be strait-jacketed into good conduct."—Lewis E. Lawes.

"Poetry is an attempt to express the eternal realities, those things which are deathless and divine."—Edwin Markham.

"The more freedom boys and girls have, the more masculine and feminine they respectively become."—Bertrand Russell.

"Inflation of a currency once started in a country seldom stops short of its economic ruin."—Charles C. Daves.

"Work does more than get us our living; it gets us our life."—Henry Ford.

"An amazingly short memory constitutes the gravest weakness of the Americans as a nation."—Grand Duke Alexander.

"It is time the younger generation got down to leadership."—Prince of Wales.

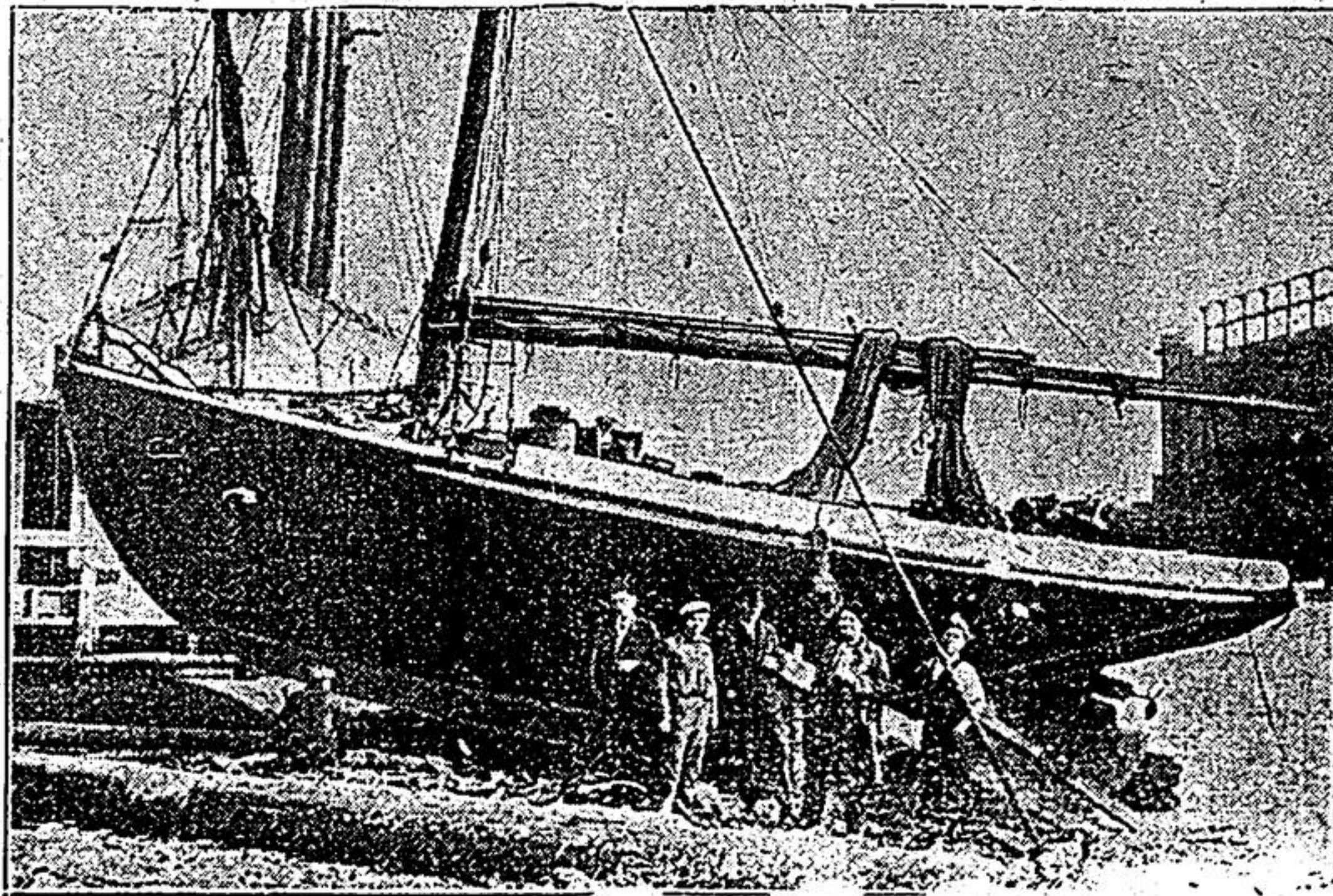
"We can hardly overthrow the whole capitalistic system merely because it isn't at the present time functioning to the greatest advantage of all concerned."—Owen D. Young.

"Without team-work nothing can be done; with it, everything is possible."—Theodore Roosevelt.

Canadian Bees For China

Some Chinaman is likely to get stung by a Canadian bee. Nearly 5,000,000 Canadian honey bees went forward recently from an apary at Taber, Alberta, to China, according to the Agricultural Department of the Canadian National Railway.

Unemployed Seamen Buy a Sloop



Five unemployed New York seamen pooled their lots and bought the sloop Albatross, and plan to visit South America to engage in deep sea fishing to recoup their fortunes.