

The Woman's Page

Society

(Continued from Society Page, Part I)

Mr. and Mrs. Walter O. Briggs are returning this week from Miami where they have been sojourning since the first of the year.

Arthur H. Otis, Jr., of Buckingham road, a student at the Law Preparatory, in Princeton, N. J., is now at home enjoying his Spring vacation.

Charles W. Matheson, of Bloomfield Hills, is the guest of Mr. and Mrs. C. R. Dashiell in their home on Star Island Miami, Fla.

Mrs. John Endicott, of Chesterfield road, who has been in California during the past six weeks visiting her mother, Mrs. Booth, returned to her home Saturday.

Miss Ruth Endicott, a student at Vassar college, left home Monday after a 10 days' vacation from studies.

Among the Spring visitors to Bloomfield Hills are Mrs. Palmer Bulger, of Winnetka, Ill., and her two children. Mrs. Bulger is the guest of her uncle and aunt, Mr. and Mrs. T. Donovan, of "Valhalla," having arrived Tuesday.

Mrs. Manfred Darmstadter returned Monday morning to her home on Puritan road after a week in Cleveland Heights, where she was the guest of Mrs. Bertha A. Damsch.

WITH WOMEN OF TODAY

BY MRS. LILLIAN CAMPBELL

A distinguished British woman barrister, Mrs. Jean Dewar Robertson, is the first woman to be elected to the position of chairman of the visiting justices committee for Holloway, London prison for women.

Mrs. Robertson has achieved considerable fame as a result of her work in the public interests.

A so-called "love clinic" has been opened in Los Angeles for advising young people about to be married and those who are worried about their marital affairs. It is officially called the Los Angeles Institute of Family Relations. Dr. Paul Popenoe, biologist and psychologist, is in charge of the work.

"Hereditry is the thing we are stressing," he says, "for it plays one of the most important parts in the family structure. Inherited traits, of which the possessor often is unaware, are many times the cause of a broken home. We are especially anxious to reach young people contemplating marriage, because we can warn them beforehand of the obstacles set in their path by their ancestors. These obstacles may be either physical or mental, but if they are known they can be corrected before it is too late."

Approve "Slangage"—Slang and "mild profanity" were given social recognition by the National Council of Teachers of English, in session at Kansas City, Mo., recently. Many persons endorsed slang as the "correct" means of self-expression.

How to Achieve Beauty By Mme. Helena Rubinstein

Ideal exercise systems for women differ in one respect from those adopted commonly by men. Exercises for women should develop grace. To be anatomically correct, they should be done in curves, thus developing a rhythmic plastic movement rather than bulky fore-shortened muscles. Exercises of past years have run the entire sphere, from dancing the Greek games, to military drill, to dorens.

The latter have helped to spoil many a woman's natural beauty, for they develop sharpness of movement and bulging muscles rather than even rhythmic grace. One of the first places an inactive person begins to show signs of weakness is through the abdominal region. Fat seems to have an absolute affinity for waist and hips. For a natural, easy carriage of the body, and to properly hold the important internal organs, not to mention the issue of appearance, these muscles should be strong and firm like elastic bands.

The following exercises are especially planned to strengthen and reduce waist, hips, and the whole abdominal region:

1. Lie on the back, with arms down at sides, neck and shoulder muscles relaxed.
2. Pull the right knee back to chest and flex left arm (relaxed) over the head.
3. Alternate legs and arms. The pull of the leg muscles should be strong, but the muscles of the arms and chest should remain relaxed throughout.
4. Lie on back with both knees bent and feet placed on the floor.
5. Lift hips so weight is on shoulders and feet.
6. Push the hips out to right.

HOUSEHOLD HINTS

Menu Hint

Creamed Chicken with Mushrooms
French Fried Potatoes
Molded Peas and Raw Carrot Salad
Soft Mashed Cake
Tea or Coffee

This menu is suitable for luncheon or supper. In the salad the peas may be canned or fresh, but cooked, the carrots may be raw and grated or chopped fine. Dissolve gelatine, and when beginning to thicken add peas and carrots and put in mold to harden.

Today's Recipes

Creamed Chicken with Mushrooms—Two cups diced cooked chicken, one cup mushrooms, cut the one and one-half cups liquid, three tablespoons butter, three tablespoons flour, one-half teaspoon salt, two tablespoons chopped pimiento. Chicken stock mushroom broth or milk may be used for the sauce. Melt the butter, stir in the flour and when smooth and bubbling add the liquid. Season with salt and pimiento. Serve in patty shells or on toast points. Garnish with crossed sticks of pimiento.

Soft Mashed Cake—One-half cup shortening, one-half cup brown sugar, one cup molasses, two eggs, one-half teaspoon salt, one teaspoon cinnamon, one-half teaspoon cloves, two teaspoons sugar, one-half cup flour, one teaspoon soda, one cup boiling water or coffee. Cream shortening and sugar gradually, then molasses and beaten eggs. Sift dry ingredients together and add last. Bake for thirty minutes, in 350, turning down the oven.

up, to left, then down, not touching body to floor, continue circle each direction five times.

1. Pull the abdominal muscles in at the lowest point of the circle, and release the muscles when the abdomen is raised highest.

2. Sit back on heels with knees bent, one arm stretched out in front, with the hands on floor.

2. Lift body and move it forward to a stretched-out position.

3. Lift body without moving hands and knees back to first position.

4. Continue rocking back and forth five times, then rest.

IV.

1. Stand, feet slightly apart. Lower the sitting-down muscles a little about to sit, with knees slightly bent.

2. Move the hip muscles forward, then upward to straight position.

3. Now push hips back and down, thus completing a circle of the pelvic girdle, forward, upward and back and downward.

4. The abdominal muscles contract as the hip muscles are lowered, and the abdominal muscles push out as the hips come forward.

This exercise is very difficult when first attempted, but will give flexible hip movements, strong abdominal muscles, and strength in lower back.

Famous last words: "You wouldn't be jealous of a poor little working girl, would you?"

SALLY'S SALLIES

Punishment Sometimes Imperative

By GARRY C. MYERS, PH. D.

Once said a mother in my class, "I have a boy of four. He lies and steals. Every afternoon I put him to bed at a regular hour by the clock. He never sleeps. He gets up, walks around, takes my things from the dresser, hides some of them, and when I miss something, and ask him about it, he lies. He does not lie nor steal at other times."

"Your problem is not lying and stealing, Mother," I replied. "It is to teach him to stay in bed while he is supposed to be there. As you can see, the task is not an easy one. It will be expensive for you and for the child. It may be that you will prefer to let the matter drop and to demand going to bed in the afternoon, since you have failed so long, and since he will go to kindergarten in a year. But, when I miss him rest each day, with the hope that he may sleep, proceed as follows:

Suggestions
The Carpet Sweeper

Contrary to popular opinion, more carpet sweepers are being sold now than formerly. No indeed, they are not a thing of the past; they are a most helpful accessory to cleaning and should hold a definite place in the list of household equipment.

The carpet sweeper is of course, very definitely, a surface cleaner. It can't be expected to take up dirt imbedded in the rug, or clean in the manner of the vacuum cleaner.

In the dining room, the carpet sweeper should be used daily for picking up the crumbs which might get imbedded in the pile of the rug. In the sewing room it is handy for picking up the tiny salt threads, etc. And in the bedrooms it is convenient for keeping the lint from the blankets up off the floor. All in all, a most useful member of the cleaning family.

Airing Clothing

Removing the odor of tobacco smoke from garments is often a difficult problem, especially in the case of dresses made from delicate material which would suffer from heat and sun.

One method is to employ the blower attachment of an electric cleaner. The blower should be placed inside the garment so that it will blow through the material.

A way to keep a flattery from sticking, especially on fine starched pieces, is to put a little soap in the starch. This also produces an attractive gloss.

To Season Chicken

To season stewed chicken add a whole stalk of celery, tops and all, and an onion.

Spring Check-up

Now is the time to begin checking on the spring renovating. Remember, the earlier it is done, the sooner over the winter shadows, small repairs to chairs, floors, cupboards, etc. Get a pencil and pad and write them down.

Substitute Bottle

A tall, narrow glass (as used for olives) makes a satisfactory temporary substitute for baby's nursing bottle in case the usual one is broken. A glass with a nipple made at the top holds the nipple more securely than a afternoon nap until he entered kindergarten.

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MENU HINT

"Cream of Oyster Soup
Heat one quart of oysters in their own juice until the edges begin to curl, then press through a fine sieve. Place four tablespoons butter and four tablespoons flour in a double boiler and stir until smooth. Add salt and pepper to taste. Cook ten minutes or until it is thick and creamy. Add the oysters, and cook ten minutes more. Serve at once."

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HOSE COSTUMES
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BEIGE CLAIR—Light blues, light greens, beige, light rusts, light purples, and pinks.
ROSAUDOR—Gray and violet blues, amethyst purples, pinks and white.
SUNSHINE—Light, purplish and navy blues, green, yellowish and sandy beiges, chocolate and yellowish browns, rusts, yellowish reds and light pinks.
RENDEZ-VOUS—Navy blues, wood beiges, medium and chocolate browns and black.
PLAGE—Gray blues, medium greens, dark beige, reds, bluish purple and black.
SUNBROWN—Greens, light beiges, chocolate and yellowish browns, rusts, cloudy pinks, yellow, orange and white.
MUSCADEINE—Gray blues, bluish greens, deep beige, mauve, chocolate and rose browns, rouge, reds, medium and dark purples, greys and black.
BLOND DORE—Most blues, greens, yellowish and sandy beiges, chocolate and yellowish browns, rusts, yellowish reds, cloudy and hazy pinks, yellow, orange, and white.
FLORIDA—Light beiges, chocolate and yellowish browns, rusts, cloudy pinks and white.
BAYOU BROWN—Medium and dark rusts, light beiges, most browns with the exception of deep chocolate, and white and off white.

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JUST AMONG US GIRLS

Paul Robeson



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Apologies to J. C. Burkhardt.

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