

NOVEL SUIT



CAN you imagine a better use for 11 balls of white homespun yarn than this smart and practical two-piece Dalmatian suit for all-round wear? The scarlet facing is effective and different, and the black braiding gives an unusually "expensive" look. The black braiding uses only 1 ball and the facing in scarlet only 1 ball.

The cape is a matter of choice. It uses 8 yards of white homespun yarn and 8 balls of black modeen yarn. Made in a simple stitch, it adds considerable warmth and smartness to the costume without much extra cost.

Smart, up-to-date and certain to give long wear, this novel outfit is particularly well-suited for traveling purposes. Should you sail across the Atlantic Ocean to Yugoslavia, you'll find that you have "gone native" for the braided costume has been "tops" among these people for years.

Designed by Mary Louise Custis, it is warm, yet light enough to be graceful, calls for no great skill and comes within the budget of most girls. If you decide to make it for yourself, Mrs. Penrose Lyly will be pleased to send you instructions. Write to her, care of this newspaper, enclosing a self-addressed envelope with a three-cent stamp on it.

Flowers for Your Home in the Japanese Manner

ACCORDING to Margaret Preininger of the University of California in Los Angeles, there is an Oriental proverb—"Customs and manners may differ, but the love of flowers is common to all peoples."

Miss Preininger has just completed an amazingly beautiful volume, "Japanese



Guarding Youth's Beauty

By Mrs. Penrose Lyly

YOUTH has its problems as well as its beauty. Acne, blackheads and enlarged pores come to blight many an adolescent's happiness. The flawless loveliness such as shown in the study at the right by John McSherry is more often the result of care than of unassisted nature.

Acne is probably the greatest bane of youth. But juvenile acne, as it is called when manifested in the 'teen ages, can be banished. A famous authority gives some rules for getting free of its blight.

The first step is to prevent the arrival of acne. Avoid cheese if you are inclined to suffer from this juvenile irritation of the skin, also avoid smoked fish, much meat and most fat and greasy foods. Eat fruit religiously and start each day with a glass of water. Keep your bowels regular and take some form of exercise every day.

Twice a day wash the face in warm water with an absolutely pure soap. Rinse in cold water, and give your face and body some form of massage.

YOUTHFUL acne is usually caused by the outer layer of the skin clogging the pores and forming blackheads. A pimple forms itself around the blackheads, though all blackheads do not necessarily have pimples. When the pimple bursts or is scratched open, there is a discharge of pus, and that pus, unless completely removed, causes other pimples. So the important thing is to prevent this self-infection.

When you squeeze out a pimple remember that the damp part is filled with thousands of microbes which can re-infect your face. Therefore, immediately after opening the pimple, disinfect the pore with a little absorbent cotton dipped in a 1 per cent solution of carbolic acid (never use a stronger solution).

Allow this cotton pad and its disinfecting solution to remain on the squeezed pimple for at least 10 minutes, and allow it to cover also the surrounding surface of the face.

In about 10 or 15 minutes the disinfecting will be complete and the danger of the pimple still emitting a serum will be over.

That little business is very important to the prevention and cure of acne. Too many girls thing the banishment of one pimple will stop acne. They banish one, only to create many more if they do not disinfect.

BESIDE this treatment, and the diet recommended, the washing and the exercise, slapping helps. Slap your face until it stings. This will bring vigorous circulation to the surface. Sluggish circulation is one cause of acne, so the more vigorous your circulation becomes, the sooner will the blight be driven from your otherwise lovely features.

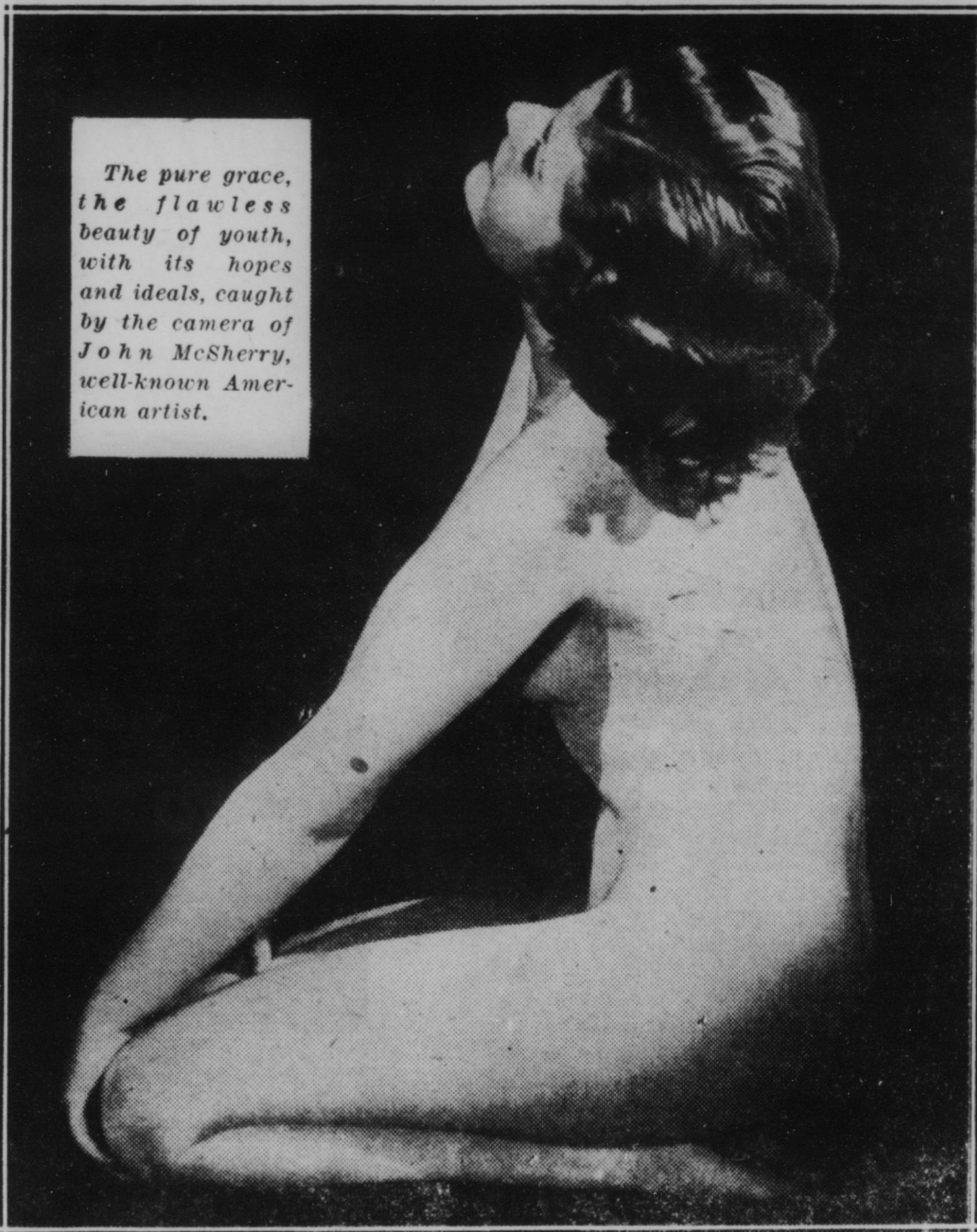
Flower Arrangement for Modern Homes," in which she illustrates her instructions on making a few simple flowers into a beautiful decorative addition to any room.

Japanese flower arrangements are simple, almost flower in many cases, not like so many of our favorite clusters and masses of riotous color. Miss Preininger explains the difference in her book, showing how startlingly beautiful a few flowers can become when grouped in the Japanese manner.

For the modern American woman who seeks simplicity and line in her clothes and in her furniture, the examples given by this American student of a great Japanese art will be welcome and helpful.

An informal arrangement of a few rugged but delicately constructed branches of blossoming quince, and an arrangement of yellow calla lilies and leaves are shown here. She calls attention to the spots on the leaves which are translucent, adding lightness and interest to the whole effect.

A HEAVY oval bronze bowl 11 inches in diameter is the base, and in it hides a round holder of needle points. The porous stems are made to stand on this holder. The harmony of color is created here by the bronze of the bowl, the yellow lilies, the deeper yellow pistils and the luminous spots on the green leaves and



The pure grace, the flawless beauty of youth, with its hopes and ideals, caught by the camera of John McSherry, well-known American artist.

HINTS FOR LENTEN MEALS

FISH has many pleasant uses. Here are a few of them which even those who do not observe Lent will want to try. For that monotonous sameness into which even the most thoughtfully-designed winter menu is apt to fall can be relieved by intelligent use of a few well-cooked sea food dishes. See if one or another of the following won't fill the bill:

SOUFFLE OF CRAB MEAT—4 to 6 servings. Ingredients: 1 small can crabmeat, 2 tablespoons butter, 2 tablespoons flour, ½ cup light cream or undiluted

evaporated milk, 2 eggs, ¼ teaspoon salt, ¼ teaspoon paprika, ¼ teaspoon mustard, 1 teaspoon lemon juice.

Melt butter, add flour and mix to smooth paste. Slowly add milk. Rinse can of crab meat with hot water, remove stiff parts, and break up meat with fork. Add to cleaned meat, the seasoning, lemon juice and the yoke of 2 eggs beaten until light. Mix with flour and butter paste.

At last minute, fold in the stiffly beaten egg whites. Bake in buttered baking dish for 20 minutes in moderately hot oven (400 degrees). Serve immediately.

MAINE LOBSTER STEW—4 portions. Ingredients: 1 medium lobster, boiled, 4 tablespoons butter, 1¼ quart milk, 1½ teaspoons salt, ¼ teaspoon pepper.

Chop boiled lobster very fine. Mash liver and coral together and add half of salt and pepper. Place butter in saucepan, add lobster meat, liver and coral and simmer for short time. Do not allow to brown.

Keep all the tail bones of lobster. Add the milk to tailbones and scald. Strain off milk and pour over lobster meat in saucepan with butter, add remaining seasoning, and bring back to boiling point and serve at once in large soup bowls.

TUNA LOAF—4 to 6 servings. Ingredients: 1 small can white tuna, 3 slices bread, 1 cup milk, 2 tablespoons butter, 2 eggs, 1 teaspoon salt, 1 tablespoon finely chopped green pepper, ½ teaspoon finely chopped parsley, ¼ teaspoon black pepper, ¼ teaspoon celery salt, 1 teaspoon catsup.

Soak bread in milk until milk is absorbed, then melt butter, add wet bread and simmer 5 minutes, stirring constantly. This makes a smooth paste. Drain can of oil, break up fish with fork, remove all skin and large bones. Add to bread mixture.

Then add all the other ingredients, including the 2 eggs only slightly beaten. Turn in buttered baking dish in moderate oven (350 degrees) for 30 minutes until firm. Serve with white sauce in which there is ½ cup of pimiento puree (canned pimiento forced through sieve).

