

# Modern Women

It Is Possible For You to Be Fashionable and Smart At the Same Time

By MARIAN MAYS MARTIN

THE older I grow, the more I marvel at the wonders of science. So many theories that the older generation swore by have been proven false through scientific research that I wonder our elders have any ground left on which to stand. For instance, there was a time when high heels were considered a detriment to the health of womanhood. The accepted theory was that fashionableness and health existed on opposing planes and could never be brought together on any point.

THE woman who went in for smartness was supposed to suffer untold tortures at forcing her feet into narrow, pointed, high-heeled shoes, while her more sensible sister who shod her pedicled extremities in long, horribly round-toed, flat-heeled, heavy leather objects clumped about gaily, giving a good imitation of a zephyr-like cow. The distinction between these two groups was definitely recognized.

TODAY, however, stylists and scientists have joined hands in making it possible for women to be both fashionable and healthy at the same time. The theory that high heels are harmful has been exploded, according to Dr. Norman D. Mattison, New York specialist, who concludes that it is not the height of the heel that causes harm to the foot; it is the improper balance of the whole shoe. It is his theory that in its natural, unfettered state, the body depended on the grip of the toes for a maintenance of balance and coordination. In any shoe, no matter whether it's high or low-heeled, the toes cannot get this normal grip on the smooth surface of the leather. Therefore, the thing to do is to perfect the manufacture of shoes so that the toes may function properly. And this may be done with the smartest of French spikes as well as the lowest of the so-called sensible footgear.

THIS discovery should bring joy into the heart of every woman who at one time or another was chided for sacrificing her health at the altar of fashion. I, for one, will take flimsy glee in saying, "Ah, ha! What do you think about this?"

FOR I can remember when I was still in my teens and a sophomore in high school, I was intrigued by high heels. I wanted a pair badly and it was my ultimate ambition that at that time to own some very French high-heeled pumps. But, when I broached the subject, mother raised her hands in horror. "Why, Marian," she said, "what in the world are you thinking of? Don't you know that high heels are injurious—particularly for adolescents! Never, no high heels for you, young lady." Of course, I put up what I considered a good argument. I pointed out that so high heels and she wasn't any older than I was—that all the girls wore them to dances, and... But no avail. I was doomed to flat-heeled shoes and so I went through high school high-heeled, muttering against the injustice of tyranny.

NOW and then, however, I managed to sneak off and don a pair of entrancing spikes that belonged to a girl friend. Of course, the under-handed, forbidden aspect of such an adventure had a lot to do with my pleasure in wearing them. But even that joy was cut short. Never will I forget the time I was out walking tiltingly, miming from side to side in a very skittish fashion and I suddenly came face to face with mother. She—but why go into further detail. Suffice to say that the remembrance of what happened is too painful even at this late stage for my further comment.

HOWEVER, I made up my martyrdom in launching out when I finally left the parental roof, and purchasing six whole pairs of the Frenchest spiked shoes that were obtainable. I was through with being a specimen of good, bouncing health. And although mother groaned every time she saw me wearing one of these new-fangled health destroyers, I persisted in doing so, taking a fiendish delight in giving expression to a hitherto forbidden desire.

BUT realizing the perversity of human nature, I wonder how long high-heels will be in fashion, now that they are being branded as healthy? Who knows but what right now Paris dictators are stealthily laying plans to thrust upon the unwary fashionable world shoes without any heels or toes or soles, for that matter. Who knows? Who knows?

## Pallor, Bedlam and Wrath

By NANCY WELLING

PEOPLE who want to see life generally have their eyes opened for them.

AS quickly as some people find a place in the sun they spend more money for awnings.

## Party Hints

By LEATRICE GREGORY

AT an announcement party the butterflies, sailing gracefully from their black threads overhead, might have the "secret" of the engagement written on the side of their wings that does not show. At the proper moment during the party the guests are invited to catch a butterfly alpiece and see what message he brings.

For a shower party, the packages containing gifts are wrapped to correspond to the colors of the butterflies and hidden about the room. The bride must search until she finds a package to match each butterfly.

Refreshments for the party may be served at the bridge tables. Delicious refreshments consist of pineapple and banana salad, cream cheese and nut sandwiches, "butterflies," fresh strawberry, ice cream and coffee.

For the salad, cut a banana in half crosswise then quarter each half. Use one of these small sections for the body of each butterfly. Arrange on crisp lettuce leaves. Cut a pineapple ring in half and place the curved portions like wings toward the strip of banana. The design on the wings may be made with colored mayonnaise and the antennae with narrow strips of pimento or green pepper.

The "butterflies" for dessert are made from rich cookie dough, rolled thin, cut in strips 1½ by 3½ inches, twisted in the middle into butterflies and fried in deep fat like doughnuts.

## Home Making

By ALINE STERN

If you've never tried to stain a floor, perhaps you don't know that all wood will not take a stain. It is not possible to stain over paint or varnish. The floor must have a natural wood finish. Paint or varnish can be removed with a reputable ready-made varnish remover. Or if a home preparation is desired, lye and hot water will do the job. Only, in using this solution be careful not to let the lye come in contact with your hands.

Solled clothes should never be kept in washtubs, to accumulate from one week to another. The clothes are apt to become moldy as the tubs are nearly always in a damp condition. After the clothes have been washed in a tub, it should be thoroughly wiped dry and left unused for any other purpose until next wash day.

There's nothing more annoying than a rattling window, but it's one thing that's easily remedied. Simply remove the window fastening and screw it further back—that is, toward the room—so that the windows will lock more tightly. This will prevent them from knocking together.

## What to Do With Baby While on Vacation Trip

The good old kitchen market basket has seen a lot of service in many different ways, but utilizing it as a baby carriage is perhaps the strangest use it has ever undergone. No less an authority than the U. S. Children's Bureau advocates carrying the baby in the market basket en route to the seashore or country when you start on your vacation.

If it is fixed up like a bed with small mattress, rubber sheeting, blanket and pillow, it makes an ideal arrangement for keeping the baby comfortable and safe. And if it's covered with netting to keep off mosquitoes and flies, the baby may sleep in peace and quiet, free from molestation.

Among the suggestions offered by the bureau to safeguard the health and disposition of the baby during the journey are the following:

Do not let anything interfere with the baby's regular feeding, elimination, bathing, sleep and exercise.

Don't put too many clothes on the baby. For a long journey in hot summer weather, he should be barefooted and dressed only in a band, a diaper, and a thin, short-sleeved, low-necked dress or slip.

Do not give the baby cakes, candy, bananas or anything else to keep it quiet on the train. Irregular feeding and unsuitable foods, together with the fatigue and excitement of traveling are likely to make him ill.

## RED AND WHITE WITH A CHIFFON JACKET



The charming new frock shown above is of bright red chiffon with enervated stripes of white chiffon. The jacket is of matching Lyons velvet, lined with white to make it crisply white.

## Speaking of Style

By IRENE VAIL

If you know how to knit you rank second only in importance to she who crochets. The war gave many of us ample practice in welding knitting needles, but it did not enrich our experience with a crochet hook.

At the moment both weapons are flying about and instructions on how to knit or crochet are quite as important as new rules for contract, or don'ts for backgammon players.

Fashion has found work for idle hands to do, and after the work is done, found ever so many attractive ways of wearing it. Crochet edges are highly approved and hand knitted sweaters and caps and what not are cheered to the echo in sports circles.

There are also any number of smart, folk wearing boucle and other types of knitted sportswear, suits being the most popular type of costume. Boucle and other knitted jacket costumes generally are smart with tweeds or with silk suits.

Light weight zephyrs and angoras are smartly sponsored by vacationists everywhere.

The insistence of the double breasted theme in sports circles is something else to remember when one is selecting those all important last minute vacation clothes. Separate jackets are often double breasted, and so are dress tops. Buttons are employed always

on these models and range from crystal, white or colored, to velvet covered buttons, one of the newest notes.

Both separate dresses, and dresses with jackets show a partiality for the ribbed waistline. Nothing could more definitely define the waistline, and waist lines are that way again.

The introduction of a crochet edge on a tweed patterned wool dress or any suitable fabric is now rather a general practice.

The sleeveless sports dress is with us in large numbers. Sleeveless dresses are good for practicality all purposes. Curiously enough, the tendency is to introduce a little cap sleeve in evening gowns. Many white shantung sleeveless dresses are being worn at such places as Tuxedo, Southampton, and so on. These are usually provided with a jacket which may be worn by way of variety. Shantung is one of the silk revivals which has gone over with great success.

In reading fashion reports from our own resorts and comparing them with those from European style centers, one is forced to the conclusion that prints are more frequently chosen on this side of the Atlantic. In New York, even at the most exclusive luncheon places, one finds prints in the majority although there is a decided falling off of them for evening.

## A Fine Early American Setting



Early American furniture, in vogue now for several years, continues to hold its popularity. Here is a complete setting of this type, even including the old gun and pistol as fireplace ornaments.

# Guide to Charm

Beauty Can Be Attained by Attention and Determination

By JACQUELINE HUNT

IN everyone there is an undying hunger for beauty. What some call loneliness is really a search for beauty—complete beauty. It is this that keeps poetry alive, inspires music and gives us the courage to go on and on when we are weary and disillusioned. Every woman can have beauty if she is willing to work for it. She must use intelligence, and have the force of character to keep at the job regularly. Many of the highly admired women in the business world and on the stage today have had to overcome beauty obstacles as well as obstacles in life.

THE thing that you must learn about beauty is to separate everything into two groups—that which is important and that which only seems important. The most important thing of all, perhaps, is your attitude toward life. It is the little psychological tom-tom that urges you to act instead of thinking your soul it. Keep your youthful zest and enthusiasm.

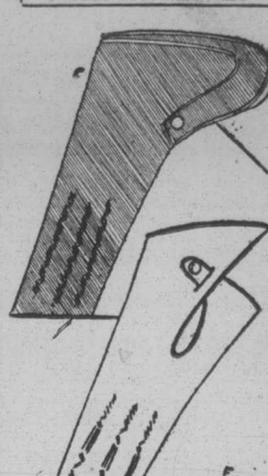
Forty-five minutes to an hour of daily care are sufficient for many women to keep their faces firm, clear and plastic and their bodies lithe and gay. Try following the routine outlined and adjust it to your needs.

When you awake in the morning stretch lazily and relax. Then, while still in bed, covers tossed off, do as many exercises as necessary to make you feel loosened up and glowing inside. Stretch the arms over the head; bring up and drop to the sides. Repeat ten times. Sit up and bend and touch your fingertips to your toes. Ten times again. Then, lying down, bring

one knee at a time upward, dropping it to your chest, up and back to position. Ten times with each leg. The last two are good for keeping the stomach firm and flat and the intestines in working order.

Do not hurry through the exercises. Do them leisurely with music if you wish. When you have finished, step under a luke-warm shower, sponge off with soap and let the water run as cold as you can stand it. The morning exercise, bath and applying your make up should take only fifteen minutes.

Allow ten minutes during the afternoon for removing and renewing your make-up, and from twenty minutes to half an hour or more a night for brushing your hair, cleaning your face, bathing and following the beauty treatments you find essential.



© 1931, by Fairchild.

A flared pull-on slashed at the side, is trimmed with contrasting piping and a button. An unusual effect is achieved at the piped top of a glove by an irregular point and a long end, slipped through a buttonhole and held with a metal button.

## Australian Tribes Swap Sisters For Wives

By VINCENT WILCOX

IF you want to get married in Australia and are one of the natives of the back country tribes, you are apt to be a lot better off when the great day comes to choose your helpmeet, provided you are fortified with a nice lot of plump and sound looking sisters.

Sisters and female relatives are a great asset to the native tribes of Australia. As the flapper of today might remark, "Nothing else but—"

You see, the husky Australian man gets his wife by an exchange of a sister or a daughter of his own or the survivor of a married daughter. It is not possible for any man to obtain a wife without a solemn promise to give his sister or other relative in exchange. If the father is living he can give his daughter away, but she is generally the gift of the brother.

The girls have very little choice in the matter, for the females, particularly the young ones, are kept principally among the old men, who barter away their daughters, sisters, or nieces, in exchange for wives for themselves or their sons. The result of all this is that the more female children in a family the better chance for the getting of a good first wife and many, many wives thereafter.

Apparently this does not work out at all well for the women. Many sisters mean many wives for the men and much hard work and mortal suffering. For the men it means many wives, which in turn brings a life of ease and indulgence; the chance of a bigger income and the assurance that there will always be enough to eat for the women are made to do the ground scratching that goes for farming as well as all the rest of the work, or anything approaching work. Women are little more than slaves; they are real domestic creatures.

Notes for Australian women of these tribes is as yet apparently, quite unknown.

## MODES AND MANNERS

By MARTHA MAXWELL

QUESTION: Is it necessary to tip servants in a private house at which you have been a guest for a week?

ANSWER: Tipping servants in a private house is a custom which is fast dying out. The host usually takes care of such details and if the servants have extra work, he sees that they receive extra pay. However, if you send a servant on a special errand or ask him to do something for you personally which is outside his usual routine, you should tip him as you would a bell-boy in a hotel.

QUESTION: What is the correct procedure to follow if you're seated in a public restaurant and the waiter seems to ignore your presence entirely? I've sat for a half-hour at a stretch waiting to have my order taken. I don't want to make a scene, but what can one do?

ANSWER: It is rather distressing, isn't it? I've been in the same fix and I know how you feel. The best method is to go up to the head waiter and inform him of the trouble. If that doesn't get a response, take the matter up with the manager. Of course, the usual thing that most people would do is to walk out and never darken the doors of that restaurant again. I agree with you that it's unwise to make a scene.

## You and + + Your Child

By JANE HERBERT GOWARD

IN our eagerness to give our children a few of the advantages which we ourselves may have been deprived of, many of us lose our way. That is to say, we become ambitious for our children... more so than the circumstances warrant. And we begin to expect more from them than their natural endowment makes it possible for them to give.

Parents are right to feel that it is up to them to bring out the most and the best in their offspring. But they are only partially right when they consider that so-called "advantages" have the power to do the trick. They have skipped an important step when they have failed to apply the "advantages" to the child's specific needs.

Take music lessons and parents who themselves are musicians or passionately fond of music. It does not occur to them that their Arthur may not have inherited their musical ability. They talk it over while he is still in swaddling clothes and decide that he will be a great pianist or violinist some day.

And as soon as he comes of age—5 or 6—they go out and invest in a piano or a violin and the daily grind of music lessons begins. Later when the boy proves to them by his development that he had it within him to develop into a jazz artist or a mediocre musician and nothing more, they are more than disappointed—they consider it to be a personal affront.

Geniuses happen so rarely and when they do the signs are so unmistakable, that parents need not worry themselves or spend their hard earned money striving to produce the symptoms through hard work. They will never be rewarded for their efforts if they do. And chances are that they will live to rue the day that they decided to give their child those certain "advantages."

From time to time newspapers call some infant wonder to the attention of the world. Perhaps it's a fifteen-year-old college student or an eighteen-month-old cigar smoker or a two-year-old with a seven-year-old IQ, or a ten-year-old flag pole sitter. Parents of just normal children study the pictures and read the accounts and tell themselves or each other that if their child had had the same "advantages" he might have turned out the same.

Of course it is possible to pad a child's mentality. That is, given a child with average, or slightly over average intelligence and a patient, adored, ambitious parent, and a youngster could be taught an astounding number of facts or could be trained to paint or play a musical instrument with a surprising degree of efficiency.

No parent wants a freak in the family. Yet everyone would like to have a child with a spark of genius. So earnest is he in his wishfulness, that he often—too often is willing to pay for it in cold cash. That his child may be called upon ultimately to pay the final debt, is a contingency which eludes him.

Strange as it seems, the child who develops normally—that is, physically, mentally and normally in keeping with his years—has a greater chance for happiness and success. If he has any outstanding traits of character or mental leanings, they will out, helping to shape his personality and giving him that touch of individuality which will set him apart as "different" or "superior." More than "advantages" to train him along definite lines, every child need opportunities to experiment and find himself.