

SHORT CUT TO BEAUTY

Mothers May Lose Touch With Beauty

Mothers so often lose touch with the new things that are being created to help them retain their snazzy, youthful appearance and their daintiness! Every season brings new cosmetics—new make-up in more flattering, natural shades; new depilatories to remove any chance fuzz that appears where it isn't wanted; new deodorants to keep your person fresh as an April breeze.

Have you just been a little careless about such details? Women seem to feel that such things are less important as they grow older. If you are guilty, be a sport and admit it, but resolve to do something about it.

Have you checked up on your figure lately? How about a few regular exercises? Of course, you are terribly busy. Mothers are. But haven't you noticed that the more things you have to do, the more you can manage to get done? Nothing speaks of age and self-neglect in such positive terms as a settled waistline. When you get that, your clothes will not look well, no matter how much you pay for them.

The right diet, exercise and a really good-looking giraffe or foundation garment will take years

from your appearance. Lay out a strict beauty regime for yourself for this next month and see if you aren't in the mood for the nicest season you have ever had. Never, never again will you let yourself slip.

Start by setting aside half an hour a day for yourself—ten minutes in the morning, twenty at night. When you get up in the morning stand before an open window and bending from the waistline, knees stiff, touch the floor in front of you ten times. Bend, stretch and dip until your joints feel limber and your waistline firmer.

Splash your face with cold water, fluff on a bit of powder and compact rouge and smooth your hair, and your day will be off to a good start.

Get a good cleansing cream and a box of soft tissues, a softening cream or tissue cream, a good skin tonic or astringent and an eye wash. Even after the first two or three treatments, you will find your skin clear and livelier in color than you dreamed it could be. And you will find after a week of treatments, that the little fine lines at the corner of your eyes and mouth are not so definitely etched after all.

In the twenty minutes that you have allowed yourself you will also

have time for a hand massage. Use the same cream you use for your face—or plain warmed olive oil—if you do not want to spend the money for an extra cream for your hands. Your hands may be strong capable ones well-lined from work but that is no reason why they should be dry and rough when such a little regular care will keep them moist and soft.

Daytime Dresses Decided On Question of Length

Daytime dresses show a marked tendency to stand pat on the length situation; any movement at all is up, not down, and that inch by inch. It will be a source of delight to busy women who have no time to run home and change, if dinner dresses are made street length. After all, the only distinction between many dinner and dresses of an elaborate order is the length of the skirt. Long ones are graceful and charming, but it begins to look as though, if the question of skirt lengths were put to a vote, the short ones would win.

While there are many ah-het-tes, it is just as well to remember that most of them are belted. Belts, have their ups and downs, yet many contrive to stay at normal. The hipbone is the lowest level reached

in any model seen to date.

Bright belts on dark costumes are a feature—everyone is doing it, and red is the usual choice when the dress is black. Many frocks are and will be black—particularly satin and jersey, both daytime fabrics.

The new braids are tremendously interesting, especially to those who remember way back to the days when braids were as "fashionable" as they were "smart". At the moment there seems to be a perfect rage for white braid on black, striking, you must admit, if not overdone. Neck-wear novelties are also heavily braided.

It also seems timely to speak of the importance of metal accents on handbags and hats. The smartest bags make a point of some sort of handle, the more massive and unexpected the better. These metal and jeweled accents serve a very definite need. That there is much white detail—braid is the newest, many gold accents, and any quantity of red accessories—makes it reasonably certain that in spite of the preponderance of black, the depression is not going to be added to by our newest clothes.



Raisins Give Flavor To Ordinary Foods



Use Sun-Maid Raisins in cooking. There are many excellent recipes for using Sun-Maids in puddings, cakes, and desserts. Every one enjoys the rich fruit-flavor which Sun-Maids impart.

Raisin Rice Pudding

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| 3 eggs | 1 tsp. vanilla |
| 3 cups milk | 1 cup Sun-Maid Raisins |
| 5 tblsp. sugar | ½ tsp. nutmeg |
| ½ tsp. salt | 2 cups cooked rice |

Wash raisins in hot water, drain and cool. Beat eggs slightly, add sugar, salt, nutmeg, vanilla, rice, raisins and milk. Mix thoroughly, then pour into a baking pan and bake in a slow oven until custard is set—about 40 minutes.

eat

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