

SPECIAL EXERCISES NEEDED TO KEEP THROATLINE YOUNG

Finds Not One Woman in 500 Has Truly Lovely Throat After 35—Massage, Friction, Cold Water, Application of Cold Cream Are Beauty Aids

By IDA JEAN KAIN After 35 or thereabouts, not one woman in 500 has a truly lovely throatline. Circulation slows up and the tissues relax. Firm contours disintegrate and extra calories turn into double chins. The muscles sag and pull the skin down into folds and wrinkles. Crepey throat!



Keeps the Throatline Firm But you don't have to let any of that happen. With a little daily exercise you can keep the throatline firm and young. All told, there are about 15 muscles in the neck. The large muscles are braced by smaller ones and it is upon the tonus of all these muscles that the appearance of the throat depends.

Needs Special Exercise Whether your throat is too thin or too plump, it needs special exercise. When this, scrawny throats are excruciatingly sore and the wrinkles tend to disappear. Double chins are in need of vigorous exercise. The secret of a well-rounded but clearly defined chin line is not in fat padding or the absence of it, but in good muscle tone.

Massage, friction, cold water, the application of cold cream—all these are beauty aids for the throat.

The main thing in throat beauty is exercise. Before you exercise, dab on a heavy cream or warm oil and leave it on while exercising. Afterwards, remove the cream and dash cold water over the throat.

WIN Improve Throatline The following exercise will improve your throatline. Stand erect, head turned until point of chin is in line with shoulder.

Movement: Holding this position, lower the head backward and look up toward ceiling as you slowly circle head around until the chin is over the other shoulder. Repeat slowly eight times.

The second exercise is more strenuous. Take it slowly. Position: Lying on back on bed or chair, head dropped backward.

Movement: Slowly raise the head until it is level with the chest, and then lower it slowly. Raise and lower six counts, later 10.

Balanced Slimming Menu Breakfast: Orange juice, 3 glasses 50 Crisp bacon, 2 strips 50 Whole wheat toast, 2 thin slices 100 Butter, 1 pat, 1/4 thick 50 Coffee, clear 50 250

Luncheon: Hot scrambled egg sandwich 250 Sliced tomato and cucumber salad, vinegar and seasonings 25 Glass of skim milk 80 355

Dinner: Broiled lamb chop 100 Broccoli 50 Butter, 1 pat, 1/4 thick 50 Chopped green salad (Rouder's French Dressing) 25 Glass of skim milk 80 495

Total calories for day... 1,100 Further exercises to correct sagging muscles and help produce a firm contour are contained in the leaflet "Let's Chin Awfully". Write today for your copy to Miss Kain, The Toronto Daily Star, 80 King St. W., Toronto, enclosing \$5 in coin with your name and address.

A MAN talks to WOMEN

Jilted Man Never Quite Feels Happy and Secure Again With Woman, Even If She Later Would Be Glad to Marry Him, Anthell Believes

By GEORGE ANTHELL A woman may forgive a man if he walks out on her, provided he comes back and shows that he prefers her to any other woman. In a way it is because of her feminine trait of glorying in the fact that she came off the victor in a conflict with another woman. She is always sure the man loved her best but that the other woman lured him away.

A man doesn't feel that way. When the woman he loves jilts him and marries another man—over after that the man feels insecure. His pride is involved. He can't get over the fact that he failed to hold the woman and down deep in his heart he thinks there is something lacking in him that the other fellow had. From that point he argues with himself that if he failed to hold the woman once, he can lose her again even though he may regain her for a short time. Because of his misery and insecurity, he punishes the woman. He tries to make her admit his superiority over all the men she knows. He will do everything to make her hate him while all the time he is dying to be assured that she adores him.

No woman, then, can expect a man to love a child of his rival. The child is a living testimonial that the other fellow got the woman he loved. It is a constant reminder of something he wants to forget. If he did not love the woman before she got married and doesn't feel the first husband was a better man, he will not love the woman away from him.

In Love Again "Mary Lou," a widow, is baffled because of the actions of the man she loves. He is reacting as any male would who was hurt by her in a way no man forgives. Here is her letter:

"Dear Mr. Anthell: I am a young widow with a child of four. I am in love with my old sweetheart. I went with him before we got married. He seems to be attracted again. We have been going together again for a year but he claims we are not going steady. We go out about four nights a week and he says he likes me better than any other girl. Even during my four years of married life he did not go steady with another girl. In fact he hardly went with girls at all.

"But he seems to like all children but mine. My child is sweet and polite but he never makes a fuss over him although he does over other children. If he likes me as well as he says he does, why does he like my child? We talked of marriage but he asked me what I would do with the child. That hurt me and I cried. But I can't even hold that against him.

"I love him so deeply and want him. I want a home and a father for the child. He always talks about what would his friends say if he married 'us'. If I do not see him for a day or two, I am nervous and upset. I hate everyone, even my own child. My first marriage was a mistake. I have really loved this man for nine years. I want this man for my own—Mary Lou."

Can't Forget The man you love is just as unhappy as you are. He can't forget you deserted him to marry another man. No doubt he wants to marry you but he is punishing you by pretending he doesn't. He knows he can hurt you by neglecting your child.

It is unfortunate that you are so in love with him that if it comes to a new dawn you will probably give up the child for him. That would satisfy him for a time but it would not blot out your first marriage and eventually he would get over his feeling of triumph and be unhappy again over your first marriage. You could sacrifice everything for him but you cannot change the fact you did marry another man and that is where the trouble lies.

So long as you know there will be no happiness with this man if he feels as he does it would be insane to give up your child.

The best thing to do is pull yourself together and stop being a doormat. Then you might bring him to a realization that he better watch out or he will lose you the second time. But keep the child.

However, since there were 12 for breakfast, all told, Nancy would set up three sturdy card tables, using the other table as a sort of sideboard for dishes and food. Her menu was an easy one to serve. She planned to start with well chilled halves of cantaloupe. These would be served in the refrigerator all night so they would be well chilled and would not have their good flavor weakened by the addition of cracked ice. Then she would serve broiled brook trout with a sauce made of lemon juice, grated cucumber and creamed butter. Shoestring potatoes, butterscotch pecan rolls, beaten ketchup, marmalade and coffee.

Internal Cleanliness Modern modes of living have taught us the value of the bath and bodily cleanliness. It is a habit to use Dr. Chase's Kidney-Liver Pills once or twice a week to keep internal cleanliness and to prevent the action of liver, kidneys and bowels.

Of great assistance in this regard are Dr. Chase's Kidney-Liver Pills because they help to quickly and thoroughly cleanse the action of these three and also to form a habit to use Dr. Chase's Kidney-Liver Pills once or twice a week to keep internal cleanliness and to prevent the action of liver, kidneys and bowels.

Dr. Chase's Kidney Pills

Little Benny's Note Book

My cousin Anita was about to stay at my house all night last night to celebrate school being over, and we were talking and arguing and waiting to have to go to bed and I said: "How about waking each other up tomorrow morning in time to see the sunrise, so then we'll see it the first day of vacation and get it over with, and our souls will be okay."

What's all this about your notes, what's a matter with them? For Benny's note said, and I said, "Nothing, only when our teacher told us good by she said she hoped we wouldn't waste too much of our vacation in dreaming and she said she hoped we would get up bright and early every morning."

By getting that was good advice, the average person wastes more time asleep than he does awake, and that's saying a lot, pop said. But I still don't understand where your notes come in, he said, and I said, "Well, Miss Kitty claimed a great poet said a view of the sunrise is the best thing for the soul, and she claimed we ought to find out what he meant for ourselves by getting up to see it, only G. pop, we can't see it from my room, so would you mind if we came in tomorrow morning and saw it from your room? We won't wake you up, and even if we do you can see it too and try it on your own sole, I said."

I saw the sun rise long before I was your age, and I hesitate to do anything to spoil that wonderful first impression, pop said, and he said, "Now Willyum how you can disagree such a nice poetic incident!"

I wouldn't dream of such a thing, I'm thinking of the weather report, pop said.

And he looked in the paper, saying, "I was right, it says Generally Cloudy, we'd better take the matter under more suspicious conditions."

Which I will if I don't lose the ambition.

OFF THE RECORD

and general manager, National Steel Car Corporation, Hamilton; E. O. Bertram, president, the John Bertram & Sons Company Ltd., Dundas; E. Holt Gurney, president, Gurney Foundry Company Ltd., Toronto; R. H. Mulock, managing director, Canadian Car & Foundry Company Ltd., Montreal; E. Winslow Sprague, managing director, Canadian Ingersoll-Rand Company Ltd., Montreal; J. H. Webb, managing director and vice-president, Jenkins Bros. Ltd., Montreal; W. H. McIntyre, vice-president and general manager, Ottawa Car Manufacturing Co. Ltd., Ottawa; Taylor Bailey, vice-president and general manager, Dominion Bridge Company Ltd., Montreal; H. R. Wake, general manager, Aluminum Co. of Canada Ltd., Montreal; A. Stewart McNeil, president, Lake St. John Power and Paper Co., Dolbeau; C. E. Lang, vice-president, Dominion Steel and Coal Corporation Ltd., Montreal; and Hugh Dalton, secretary, B.C. division, Canadian Manufacturers' association, Vancouver.

ALL CHINESE WILL REFUSE TO SEE HIM

(Continued from Second Front) arm and marched him through the throng back into his store.

Chiang Kai Shek's Wang's sin, in the eyes of his compatriots, is that he not only has "betrayed" Chiang Kai Shek, and refused to help with money China's war refugees, but also swore out warrants for the arrest of four popular members of the Chinese community on charges of assault and robbery.

Wong says he has given \$300 to the cause.

Last night the executive and members of the Chinese Patriotic Federation met to see what should be done.

It was a closed meeting and at its conclusion, Chong Ying and Paul Wong, joint chairmen of the federation, issued a statement declaring: "Wong Fook Yuen would give a chance to make amends and live amicably with his fellow citizens. He will also be given a chance to admit that he had four of his fellow countrymen falsely arrested."

"To go to him and ask him to apologize would cause the federation a loss of face," Chinese leaders decided, by a majority vote, to decline the meeting in the paper today and what happens after that will be entirely up to him.

"This is not just a Toronto affair," Chong Ying told The Star. "We have had messages from all parts of Canada condemning the action of this man."

Denies Tong Row "These is not and never has been a question of this being a tong dispute. It is a struggle between the residents of Chinatown and this man," he declared.

"Wong Fook Yuen was a member of the tong, but that body chose to drop him. If there were any question of a tong dispute and he were a tong member, his own society would stand behind him, but his members were among the first to condemn him."

"The charges against Harry Gun, Lum Luk and his two compatriots being laid by the police, the Chinese people would not have felt so badly. The police did not arrest the men on any charges preferred by them but simply on warrants issued from the complaint of Wong Fook Yuen. The police do not accuse these men. Wong does."

"The federation has done everything possible to bring about an understanding, now it is up to Mr. Wong."

And while he was speaking, a little further up the street, Wong said very much alone in his shop while a constable paraded up and down in front of the door.

Government's Help Promised to Firms (Continued from Second Front) what source or authority these rumors may have arisen and no one had any explanation for them. The British government has been informed repeatedly and in writing that we would welcome any orders that could be placed in Canada.

"We will run any offices we can and be ready to operate by furnishing the British authorities all available information, or where necessary, by gathering information and making it available."

"The representatives present intimated their desire to send to Great Britain a group of manufacturers experienced in engineering production with the object of securing data concerning defence requirements there and of furnishing information as to the available sources of supply in Canada."

Headed by W. D. Black, Ottawa Elevator Company Ltd., Hamilton, the deputation consisted of J. S. Duncan, vice-president and general manager, Massey-Harris Company Ltd., Toronto; Chester Hamilton, president, Hamilton Gear and Machine Company, Hamilton; J. T. Sturte, assistant general manager, Canadian Manufacturers' association, Toronto; C. H. Mitchell, works manager, Canadian Westinghouse Company Ltd., Hamilton; Hugh McCulloch, president, Babcock-Wilcox & Goldie-McCulloch, Ltd., Galt; R. S. Hart, vice-president

FISH EXPORTS UP MILLION Ottawa, June 29.—(CP)—An increase of \$905,000 in exports of Canadian fisheries products for the first five months of 1939 over the same period of last year, was announced yesterday by the department of fisheries. The January-May total was \$10,486,800, of which \$3,517,300 went to the United States.

VISITING NEW YORK Mr. and Mrs. J. H. McLean, Broadview Ave., are guests of the Hotel Commodore, New York.

COOKING CHAT

Survey Shows that Women's Average Day's Work Taken Nearly Eight Hours—Most Time Spent in Meal Preparation, Clothing Next

When summer weather tempts you out of doors to a shady garden plot or into the sun's protected enclosure of your porch, you may ask yourself if you have been spending too much time on your housework. You may be surprised to learn how much time a woman should spend on her household duties.

Marie Holmes, after all, you may wish you knew how much time you should spend in at the job and whether the old saying still holds true that "Man works from sun to sun, but woman's work is never done." A good many women have asked these questions and as a result, some time studies of women's work have been carried on. The results of the records that have been gathered and studied will engage you to compare the working hours of other women with your own.

To begin with, you want to know how much time the average housewife spends on all her household jobs together. The records show that the average is seven and three-quarter hours a day for seven days a week. Some of this time is spent working in a garden.

Next to work connected with food, that connected with clothing appears to be the job that takes the most time. In spite of all the ready-made clothes that families wear these days, homemakers still do a good deal of sewing and mending. In some sections, women average seven hours a week on sewing. Of course, some of this is fancywork like embroidery, needlepoint and crocheting which is often considered recreation. But in many families the piled-up mending basket, dressmaking and making over for spring and fall account for many busy hours.

Laundry Takes Least Time Because so many women send their laundry out, very little time is needed for washing and ironing, but generally speaking, a half day a week is spent for washing, and another half day for ironing.

What about cleaning the house? The general report is that women spend an average of an hour a day for cleaning. Besides this, they allow several full days in spring and fall for seasonal house cleaning.

In families where there are young children or invalids to care for, the working hours of the homemaker are much longer than average. In fact, women with small children and no help hardly know the meaning of spare time. It is reported that a baby under a year takes three times as much time to build between one and six, and 12 times as much as a school child.

The seasons make quite a difference, too, in women's work. In summer, women spend more hours in laundering and canning, while in winter, they spend more time sewing. Some women say their peak load of work comes in mid-summer, and that Christmas is the next busiest time.

This picture gives you at least a basis for comparison when you begin to wonder if you spend more hours at housework than the average woman.

Don't Take Chances Enjoy July Driving (Continued from Second Front) they are unfamiliar, as they are preparing to summer homes, resorts or visiting other places. Just a little special care and consideration for the convenience as well as the safety of other users of the highways will help to prevent the usual number of holiday accidents.

It is well to emphasize one outstanding principle for the holiday motorist to follow. "When planning your trip," said he, "plan to leave early and don't hurry."

The "don't hurry" feature of holiday motoring was stressed by every safety authority in the city as the best of avoiding unnecessary and illegal "cut-outs" being ditched in trying to care for pedestrians crossing highways, etc.

W. G. Robertson of the Ontario Motor League seconded this advice and added a word of caution to pedestrians and cyclists.

Avoid Rash Acts "Figures show that in perhaps half the accidents, it is a pedestrian or a bicyclist who is injured," he stated. "This is all too frequently the result of some rash act on their part. They are either struck by an autolite or the latter is ditched trying to avoid them. The causes of such accidents might be put under the one general head: 'Taking of unnecessary chances or just sheer carelessness.'"

"One other thing that is positively criminal to overlook," he declared, "is the hazards increase in proportion to the increase in traffic. The holiday motorist should never forget this undeniable fact."

Equally prominent in the news following Dominion Day are the accidents by drowning—the man or girl in a canoe who cannot operate it, the child who gets into deep water and goes down before rescuers arrive, foolhardy efforts by persons who know little of rowboats or sailboats to cross the bay in them or go far out into the lake. The life-savers have one remedy for them all. They word it like this: "Just don't do it; be sensible and save your own life."

Checkers By EDGAR S. MOULD FROM 405, BY W. WARDLE

Black (moving up) to play and win. Solutions to No. 484: 7-8, 10-12, 2-5, 12-10, 6-8, 9-10, 11-9, 10-12, Black wins.

It's the Blend that makes it so Tasty and it is EXTRA RICH in vitamins B, D and Calcium Phosphorus and Iron



NEW! REVOLUTIONARY! Ready to Serve OGIKVIE FLAKES

There's WHEAT in it... and OATS... and BARLEY... and RYE... and CORN... and BUCKWHEAT

Why envy others a beautiful skin? Instead, why not bring out the lovelier features of your own complexion. Let the new Cashmere Bouquet Face Powder do it for you. See how it gives you the soft, freshly youthful appearance you have always wanted.

This new face powder lies light as a shadow on your skin. It almost invisible film just won't let your make-up shine, no matter how glaring the light. And because of a new, special secret process, this modern powder can't go flakey over your face, can't mat or clog your pores. It can and will keep you lovelier, alluring... for literally hours longer.

Try Cashmere Bouquet right away. Delight in its adorable fragrance... a fragrance that lends itself subtly to your complexion. Find among the six new shades, the one flattering shade that will do wonders for you... help you look as lovely as your heart desires. 2 sizes, one and two.

Here's news of importance to every woman who wants a beautiful skin. Cashmere Bouquet, famous for its beauty preparations for more than 150 years, now offers you an effective face cream that really works three ways.

FIRST—The new Cashmere Bouquet Three-Purpose Cream cleanses swiftly, gently, efficiently. Sweeps away stale cosmetics. Leaves pores and skin clean and active.

SECOND—The new Cashmere Bouquet Three-Purpose Cream nourishes, helps restore the vital skin oils. A light cream, it helps keep your skin youthful soft, amazingly lovely.

THIRD—Cashmere Bouquet Three-Purpose Cream forms a powder foundation, keeps powder clinging smoothly for hours longer. Helps to bind your make-up into a complexion of natural charm!

You will love Cashmere Bouquet Three-Purpose Cream for its lovely distinctive perfume. It is particularly fine for delicate skin. At your drug or department store, 25c and 50c.

LIVES ON \$1 A WEEK SAYS ED THE HERMIT

Sick Once in the Last 15 Years

Regina, June 29.—"A ample diet is the secret of health," in the opinion of Ed. Beard, the hermit of Pipestone Creek. Living the care-free life of a bushman and trapper, Ed feels he is "sitting on top of the world" in his one-room shack six miles south of Moomooin in the Pipestone Valley.

With no rent and taxes to pay and his expenses less than one dollar a week, Ed's chief concern is how the fish are biting. Strawberries, raspberries and Saskatoons are plentiful and there are lots of rabbits, ducks and other small game around.

Ed has been sick once in the last 15 years. He caught influenza from a citizen during one of his rare trips to town in the winter-time. Many people visit his cabin in the summer but in the winter he may not see anyone for weeks.

You Look Lovelier and feel grand after a refreshing HISCOTT FACIAL

HISCOTT facials are designed to remove complexion defects (muddy skin, wrinkles, undue redness, blackheads, etc.); to make ageing faces look years younger and to keep lovely skin clear and flawless. Wonderfully relaxing, soothing to the nerves, refreshing to tired muscles; often persuading the patient into gentle sleep. The beneficial results obtained by Hiscott facials are the outcome of nearly 50 years of experience with advanced dermatology. As patients themselves say, "You cannot obtain the Hiscott kind anywhere else."

HISCOTT TREATMENTS FOR SUPERFLUOUS HAIR Hair on face, body and limbs, warts, broken veins, moles and small birthmarks are removed permanently by Electrolysis. Toronto's most experienced Electrolysis operator. More than 500,000 delighted clients.

Hiscott INSTITUTE LIMITED Leading Dermatologists Since 1894 The Hiscott Building 61 College Street, Toronto

Borden's EVAPORATED MILK

IT'S THE 'CREAM' IN MY COFFEE

IF it's Borden's it's GOT to be Good!

In 6 minutes—Look Lovelier! Try the Cashmere Bouquet 6-minute Miracle Make-up Test!

(3 MINUTES) Cleanse your pores and skin thoroughly with Cashmere Bouquet Three-Purpose Cream. Massage gently upward and outward from dress-line to hair-line. See how it penetrates, gently brings out all foreign matter. Now remove all the cream with a hot soapy-cloth. Then smooth on a little more Three-Purpose Cream and wipe the face gently with a damp, cold cloth. This closes your pores, leaves on your skin a thin film of cream that acts as a powder base without clogging your pores. They can breathe freely.

(2 MINUTES) Now a foundation dusting of new Cashmere Bouquet Face Powder. Then smooth Cashmere Bouquet Rouge, followed with a final pat of powder.

(1 MINUTE) Complete the picture with Cashmere Bouquet Lipstick. Now look in your mirror. In 6 magic minutes Cashmere Bouquet has brought you new, radiant loveliness.

New Cashmere Bouquet Face Powder Why envy others a beautiful skin? Instead, why not bring out the lovelier features of your own complexion. Let the new Cashmere Bouquet Face Powder do it for you. See how it gives you the soft, freshly youthful appearance you have always wanted.

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New Cashmere Bouquet Toiletries

Other Cashmere Bouquet products you'll want to try are Lipstick, 25c; Cream, 25c; Face Powder, 25c and 50c; and Soap, 25c.