

Woman's Realm -- Social and Personal -- Fashions -- Literature

GARBO COMING BY FAST EXPRESS

THOUSANDS OF EXTRA COPIES OF TRUE STORY MAGAZINE BEING RUSHED TO THIS CITY

Containing First Chapters of Garbo Story

"I consider this one of the greatest true stories that have ever been published, because it touches so deeply upon the hidden emotions of so many millions of women and puts the burden of defense up to so many millions of men."

BERNARR MACFADDEN

BECAUSE of the beginning of town and village in the country. So much for the demand for the True Life Story and the True Love Story of this silent woman who starts sixty million people to arguing whenever she appears on the screen.

Now for the story itself. The True Love Life of Greta Garbo gives the reason for the first time for the sixty million arguments about her. This is no mere sex story out of Hollywood! It deals with the very fundamentals of life and it handles the decision which every woman has to make between her great desire and her greater yearning.

Ready at all newsstands tomorrow, Friday, September 1st.

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FOR THE WOMAN READER

"A poplar tree against the sky Uplifts the dulllest cloud on high; A willow tree beside a stream Enriches every poet's dream; A spreading pine is heaven's fan To brush earth's pettiness from man."

Margaret Lathrop Law. THE HUMBLE SPUD OFTEN SUFFERS FROM CARELESS COOKING

Too often careless cooking sends to our tables potatoes which have lost much of their natural food value. Simple as potato cookery is, it nevertheless requires thought and vigilance to prepare perfectly even so common a dish as plain boiled potatoes.

Children generally like potatoes and if the vegetable is properly cooked it gives good returns for the money invested. The time honored combination of "meat and potatoes" is founded on merit. Irish potatoes are low in vitamin A, medium in B and good in C. They also contain an alkaline salt which is beneficial in offsetting the acid-forming salts of meat. Herein lies their value as an accompaniment to meats. They aid materially in reducing the acid condition of the body and tend to keep it in good condition. Potatoes resemble the dark cereals as a source of iron. One medium sized potato yields the same amount of iron grams as one slice of beet 2 3/4 by 1 1/2 by 3/4 inches.

Saving Mineral Water

The following suggestions will help you prepare potatoes so as to get the greatest percentage of food value. When potatoes are pared and allowed to stand in cold water before cooking, much of the protein and mineral matter is lost. Mineral matter is wasted, too, when potatoes are peeled and put on to cook in cold water. Peeled potatoes cooked in boiling water and salted when almost done lose less of their food value, but unpeeled potatoes, baked or steamed, lose none of the food value. Boiled potatoes should be cooked in as little water as possible in a closely covered sauce pan.

Potatoes for boiling may, of course, be peeled or unpeeled, but since valuable mineral salts and nutrients are lost in the water during cooking when potatoes are peeled, it's advisable to cook them in their "jackets." If potatoes are preferred cooked without the skins, they should be pared as thinly as possible and the water in which they are cooked used in the meat graving or a soup for some other meal.

It behooves every homemaker to make the most of this vegetable and avoid all loss of food value and waste of material. Barley sugar eaten in the middle of the mornings and afternoons and again before going to bed is a great help. If you do feel sick lie down and rest, but do not give up eating meals.



SKINNY? HUNDREDS ARE GAINING POUNDS THIS NEW EASY WAY

Remarkable discovery—richest imported brewers' ale yeast now concentrated 7 times and iron added. Giving hundreds good solid flesh in a few weeks!

AS you know, doctors for years have prescribed yeast to build up health for run-down men and women. But now with this new discovery you can get far greater tonic results than with ordinary yeast—regain health, and in addition put on pounds of solid flesh—and in a surprisingly short time.

Not only are great numbers gaining beauty-bringing pounds, but also clear skin, freedom from indigestion and constipation, new pep.

Concentrated 7 times This new product, Ironized Yeast, is made from specially cultured brewers' ale yeast imported from the British Isles, the richest yeast we know of, which by a new process is concentrated 7 times and made 7 times more powerful. Then it is treated with 2 kinds of strengthening iron.

Day after day, as you take Ironized Yeast, watch fat chest develop, skinny limbs round out attractively, skin clear—you're a new person.

Results guaranteed No matter how skinny and weak you are, Ironized Yeast should build you up in a few weeks as it has first package, money instantly refunded.

Special FREE offer!

To start you building up your health right away, we make this FREE offer. Purchase a package of Ironized Yeast at once, cut out seal on box and send us a clipping of this offer. We will mail you a fascinating new book on health, "New Facts About Your Body." Remember, results guaranteed with very first package—or money refunded. As all packages are printed in French, send us your name and address to: Yeast Co., Desk 226B, Box 1323, Montreal, Que.

ONE DAY-

Dorothy Dix's Letter Box



"HAD lunch at Carrie's today and she served the most delicious soup—one of the new Heinz Soups, she said it was."



"I WAS all agog to try them myself so I called in at my grocer's and ordered some. The clerk says Heinz Soups are becoming very popular."



"READ the directions and was delighted to see how easy Heinz Soups are to serve. All you do is heat the tin, open, and pour into the plates. Nothing to add."



"HAD my reward this very night. George says he never tasted such satisfying soup. Wants it often. A meal in itself was his verdict."

TREAT YOUR FOLK

For something new and delicious in Soup choose from:

Heinz Cream Soups (made with real cream): Green Pea, Celery, Asparagus, Corn, Tomato.

Other Varieties: Beef Broth, Vegetable, Mock Turtle, Chicken with Noodle, Mutton Broth.

SOME OF THE 37 Made by Heinz at Leamington, Canada



HEINZ Ready to Serve SOUPS

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Henpecked Husband Revolts Against Petty Criticism—Girl Who Feels Marriage Because Sisters' Turned Out Badly—Shy Girl Needn't Learn to Talk

Dear Miss Dix—Do you think it is the duty of husbands and wives to tell each other of their faults and point out their shortcomings? My wife criticizes everything I do and leave undone. I had no idea any human being could have so many things the matter with them as she sees in me. I often wonder why she picked out one she considered such a poor dub for a husband. BOB.

Answer: The thing that really brings a man and woman together in the holy bonds of matrimony is the belief that each cherishes the fond idea that, no matter how little a cold and cruel world may rate him, each has found the one human being who really appreciates him.

The man says to himself: "This woman does not see me as just an ordinary chap who hasn't had many advantages of education or association, and who hasn't done one single darn thing worth mentioning. To her I am a demigod."

The woman says to herself: "This man doesn't see me as a flighty, frivolous creature, full of nerves and temper. He beholds me glorified. I am his ideal of feminine charm."

And so they get married on this basis of mutual admiration. But the charm is broken the minute either one begins to criticize and find fault with the other. They cannot bear the knowledge that they have been befuddled and that each sees the other not as an ideal, but as a poor, weak, blundering man and woman.

Therefore, husbands and wives criticize each other at their peril, and the wise ones let some one else, who hasn't so much at stake, correct their faults and call their attention to their lapses in grammar and table manners.

In a way, it is a pity that husbands and wives are so sensitive to criticism from one another, for it keeps them from giving each other the help they might give. Often a wife has had far better educational advantages than her husband and she could do much to polish up her rough diamond of a man. Often a man comes of a better family than his wife and is better versed in social etiquette than she, and he could teach her many of the conventions of which she is ignorant.

But neither one will stand for a word of suggestion from the partners of their bosoms, and the minute wife begins criticizing husband's grammar and husband remarks on the way wife eats her soup, they start on the road that ends in the divorce court.

Which is, perhaps, natural and human, for what we marry for is not to get a critic, but to acquire a clique. DOROTHY DIX.

Dear Dorothy Dix—I have two sisters who are married, and their lives are very unhappy. I am 20, and engaged to a young man whom I love very dearly, but I am afraid to marry lest he should turn out like my sisters' husbands. My fiancé is continually telling me that he will be different and that I have nothing to fear in the future with him. It is possible for two people to marry and live happily together nowadays? Is there something that is bound to come up that will make them miserable? Will they inevitably get tired of each other? Should I let other people's unhappy married lives keep me from marrying? A MUCH-WORRIED READER.

Answer: Because one apple in a barrel is rotten, it does not prove that all apples are rotten. Because one woman fails in business, it is no indication that no woman will make a success in business. Because your sisters are unhappily married, it is no sign that your marriage will turn out disastrously.

Heaven knows there are only too many bad husbands in the world, but there are, also, thank God, plenty of good ones, and if there are homes that are perpetual storm centers, there are also homes that are havens of peace and rest and happiness.

So don't be scared off matrimony by the bad examples that you see in your own home. Look farther afield and you will behold lots of Darbys and Joans who have joggled along hand in hand for thirty or forty years, who are lovers still, and who are shining illustrations of wedded bliss.

It is foolish to indict matrimony as a whole. Every marriage is an individual venture, and it is just exactly what a man and woman make of it. They take out of it just what they put into it. If they put into it love and consideration for each other, and tenderness and self-sacrifice and common sense and a sense of humor, they take out of it happiness. And if they put into it selfishness and ill-temper and cruelty and unreason and injustice, they take out of it misery.

If you and your young man honestly and truly wish to make your marriage a success, you can do so. There is no malign power that blights a marriage and predestines it to failure. That is always the doing of the husband or wife. Their happiness lay in their own hands and they threw it away, or kept it, as they chose.

that no other man had ever looked in her small grey-green eyes and found them beautiful as he had done.

"Oh, is that you, Miss Mercer? Lucia's waiting for you." And Peter Armstrong's breezy voice cut into the starling silence that had fallen on the lovers.

TESTED RECIPES OF TEMPTING INTEREST.

MUSTARD PICKLES



Stir constantly!

Take 1 qt. small onions, 1 qt. cucumbers, 1 large cauliflower, 2 heads celery, 2 red peppers. Put peeled onions in weak brine overnight. In morning bring to boil and drain off. Then take 2 cups brown sugar, 1 cup flour, 6 tablespoons Colman's Mustard, 1 tablespoon turmeric, 2 ts. vinegar. Boil mixture 20 minutes, stirring constantly and, while hot, pour over vegetables. Let stand for 10 days, stirring every day. Then bottle.

Home-made mustard pickles for your table. Delighting your family... winning the admiration of every man and woman who as a hostess of distinction and good taste. If you follow the above recipe you will have mustard pickles with a real savoury appeal. But—on no account forget the six tablespoons of Colman's Mustard. With Colman's you're sure of the flavour—the zesty appetizing tang that should characterize good mustard pickles made in your own kitchen.



Colman's D.S.F. Mustard AIDS DIGESTION

To make a happy home requires "a bit of doing," as the English say, but it is something that is in the power of every man and woman who get married to do. It requires courage and forbearance to be patient with another's faults and idiosyncrasies. It requires tact and diplomacy to steer clear of family arguments and fights, and it takes a great love to put another before oneself. But the men and women who can do this make a success of marriage, and great is their reward.

As for husbands and wives inevitably growing tired of each other, that is all nonsense. They are the easiest people in the world to keep interested in each other, because they have the common bond of their home, their children and their mutual life. DOROTHY DIX.

Dear Miss Dix—What advice would you give to a young girl who has absolutely no conversational ability? A READER.

Learn to ask questions, and then listen to the answers. You cannot be with any one five minutes without finding out what he or she is interested in. Then if you will say, "Oh, please, Mr. Jones, tell me about your radio" or "about your new car" or "about your grocery store," and if you will assume an absorbed expression and really lend your ears while he discourses on his favorite topic, you will soon get the reputation of being a brilliant conversationalist. What the world pines for is somebody who will listen. We are oversupplied with conversationalists already. DOROTHY DIX.

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

You can make it in an hour. Just a few seams to run up on the sewing machine. Finish the upper and lower edges with self bias binds. Stretched bias binds made the shoulder straps.



"If I had my way, you wouldn't have to work at all, Janet." She contrived a little laugh, although her voice had a tremble in it as she said:—"My dear, I'm not born to be an ornament, or a lily-of-the-field, I'm not decorative enough. So don't take the only thing that's left away from me."

He grabbed her hand. "Oh, Janet—" "What is it, Will?" "If you only cared in the least little bit about—" "About what?" (Dear heaven! he did love her, after all! Pain had slipped away forever, and only a great gladness reigned in the wide world tonight.) "About my going away. You—you take it so—so gaily!"

A Morning Smile

A German who speaks, more or less fluently, several languages, was passing the Tivoli in The Strand when he stopped and with a gesture of despair pointed to an announcement outside the theatre. "I shall never master your language," he said. "It is impossible. I thought I knew all when I learned the secret of Chomolmondeley and Marjoribanks but now look at that poster: 'Calvacade—Pronounced Success.' It is impossible; I shall never understand."

THE JONAH STORY

"Do you really believe," asked a modern scoffer of the Bishop of London, "that Jonah lived three days and three nights in the belly of a whale?" "When I get to Heaven I'll ask him," replied the Bishop. "And suppose you don't find Jonah in Heaven," pursued his tormentor. "Then you can ask him."

Henry—Did you all evah speak befo' a large audience, Gawge? Gawge—Ah 'low ah did, once yow-sah. Henry—What did you all say? Gawge—Ah said 'Not Guilty'

WEAK, NERVOUS AND RUNDOWN

Always Lying Down—Took Lydia E. Pinkham's Vegetable Compound—Getting Stronger Every Day



"I suffered from backache, general rundown condition and female weakness. I had to lie down nearly every day. My druggist recommended Lydia E. Pinkham's Vegetable Compound. I have taken several bottles and believe it to be the best medicine I ever used. I sleep well, my nerves are better, my appetite is improved and I am getting stronger all the time."—Mrs. A. E. BURROUGHS, Box 1801, Drumheller, Alberta

(To be Continued.)