

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

**Children Cry for Fletcher's CASTORIA**  
A BABY REMEDY APPROVED BY DOCTORS FOR COLIC, CONSTIPATION, DIARRHEA

**Etiquette**  
By Roberta Lee

Q. Is it permissible to use red, blue or other colored ink in correspondence?  
A. No; use black ink only.  
Q. Does it show good form to use a person's name often when conversing with him, as "Yes, Mr. Jones," or "No, Mr. Jones"?  
A. Yes.  
Q. Where should the butter knife be placed?  
A. Diagonally across the rim of the plate.

**A Morning Smile**

**PLAIN LANGUAGE**

"Au revoir," said Ikey.  
"Va's dat?" asked Izzy.  
"Dat's goodbye in French."  
"Vell," said Izzy, "carbolic acid."  
"Va's dat?" asked Ikey.  
"Dat's goodbye in any language."

**Household Hints**  
By Roberta Lee

**The Sewing Machine**

Use a new mucilage brush for cleaning small crevices of the sewing machine. Clean particularly well around the needle bar. Then wash the brush and put away for future use.

**Grease**

Sprinkle a little flour in the frying pan, and it will prevent the grease from popping and splattering.

**Faded Dress**

To whiten a faded dress try boiling it in cream of tartar water.

**A Fashion Hint**



412

**BECOMING SCARF NECKLINE**

An enchanting frock of lipstick red silk crepe self-trimmed, with neckline softened by scarf collar with long loose ends falling over shoulders and reaching almost to hem at back, which contributes new smartness. A wide girldie swathes the hips of full flaring skirt. Style No. 412 is designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust measure. Of printed silk crepe with the scarf collar either of the print or of plain harmonising silk crepe it is very serviceable for it can be worn for town or resort. Lelong blue crepe de chine, Lanvin green silk crepe, purple chiffon and chartreuse green georgette crepe are other smart suggestions. Price 15 cents in stamps or coin (coin preferred). Wrap coin carefully.

We suggest that when you send for this pattern, you enclose 10 cents additional for a copy of our Fashion Magazine. It's still filled with delightful styles, including smart ensembles and cute designs for the kiddies.

**Dorothy Dix Letter Box**

**Why the Girl Who Repents of Her Wild Youth Should Make a Good Mother—Why Do Beautiful Women so Often Marry Homely Men?**

Dear Miss Dix—I am a girl of 18, madly in love with a boy of 25, but I will not marry him for this reason: From the time I was 16 until I met this boy, which was three months ago. I was just naturally rotten. I ran with a crowd that did everything that was wrong and laughed at those who were decent. I have told this boy about my past life. He wants to marry me anyway, but I am afraid that if I had children there might be a girl and if she turned out the way I did, it would kill me. Suppose she inherited the wild streak from me. I don't feel that I have any right to wish that curse on a child. Don't you think I am right not to marry this young man under the circumstances?  
H. V. B.

**Answer:**  
Certainly not. I see no reason why you should not marry the young man if he wants you to do so after knowing about the hectic life you have lived. I think you are taking a morbid view of the situation.

Evidently under all of your wrong doing there is a very sound and sweet woman with a high sense of honor and honesty or else you would take your happiness without considering the harm you might possibly do your children. Evidently your sweetheart has discernment enough to see this and to know that you have found yourself and that you will retrace your steps and never stray again from the straight and narrow path.

It is foolish of you to think of giving up this wise and tolerant young man for fear that you might have a daughter who will do as you have done. We know far too little about heredity to let it influence us in making a decision that will ruin the happiness of two lives. So dismiss this thought from your mind, for why should your daughter be doomed to inherit your wild streak when you didn't inherit your mother's puritanical streak?

Anyway, how a girl turns out does not depend so much upon her heredity as it does upon the way she is brought up. It is her mother's teaching that determines the way she shall go, not the blood in her veins. It isn't always the best women who make the best mothers, because sometimes a mother's very virtues put a limitation upon her ability to guide and direct her children. Sometimes a woman's life has been so sheltered and she has been kept so unspotted from the world that she doesn't know what is going on in the world and has no conception of the dangers and temptations that her children are called upon to face.

When they sent out a man to erect the danger signals along a highway they don't send a blind man or a man who has never been over the road himself and who has no idea of where the pitfalls are. They send a man who has traveled that way before himself, one who is familiar with every hairpin turn, with every place where one might skid and go over into the ditch.

And that is why sometimes a mother who hasn't always been so good herself, perhaps, may be the best mother. She knows the perils that threaten her children. She knows how to watch and guard them. She knows how to warn them and how to keep them from making the mistake she made.

You often hear it said that the next swing of the pendulum is going to bring us back the old-fashioned girl who will dress modestly, who will neither pet nor neck nor drink. I believe that to be true, and that she will be the daughter of the modern mother who has gone the pace, as you have done, and who has found that its end is bitterness and repentance.

I believe that when the modern girl is a mother she will not let her daughters run wild as her own mother let her. Her mother did not know enough to protect her, but she is wise and will know how to protect her daughters. I believe that the girl who has held her own honor lightly will keep her daughters pure. I believe that the girl who has come home staggering drunk will not want her daughters to follow in her footsteps.

I believe that the girl who makes whoopee and who has found what a dark brown taste it leaves in the mouth will find saner pleasures for her little girls and that thus out of evil good will come.  
DOROTHY DIX.

Dear Miss Dix—Why is it that the loveliest women often choose the ugliest men for husbands and why is it that handsome men are often attracted by homely women?  
MRS. E. B.

**Answer:**  
Women choose homely men for husbands because they have enough sense to know that they are the best husband material. And, anyway, women take little stock in a man's looks beyond wanting him to be manly-looking and clean and well-groomed.

Women loathe a man who is slovenly and sloppy and ill-dressed and who goes about with a two days' stubble of beard on his face and needing a hair cut. Such a man is repulsive to them physically and fills them with contempt because he is a living advertisement of the fact that he is lazy and slipshod.

But, on the other hand, it makes no difference to a woman whether a man is stout or thin, whether he has a pug nose or a classical profile, whether he is red-headed or bald-headed or has ambrosial locks, provided he is intelligent and entertaining and understanding and sympathetic and has personal charm.

And many very homely men have this. They are highly magnetic. One of the greatest heart-smashers that ever lived was noted for his ugliness, yet he boasted that given five minutes' start with a woman he could win out against the handsomest man in the world.

Women like pretty men on the screen or as matinee heroes, and sometimes they like them to dance with or flirt with a little, but they don't want to marry them. Why? Oh, because very handsome men are nearly always insufferably conceited and only interested in themselves. A vain man is far vainer than any vain woman, and it disgusts women to see them peacocking around.

Besides, women like to be admired rather than to do the admiring. They feel that they have a right to monopolize the good looks in the family. And, for another reason, a woman doesn't want to marry a very handsome man and to have to listen as long as she lives to people saying: "My goodness, what on earth do you suppose made that handsome man marry that homely woman?"

Also, women don't want to marry a handsome man because they don't always want to be chaperoning him and keeping him out of flirtations.

When a handsome man marries a homely woman it is because he falls in love with her soul instead of her face and because she entertains and interests and amuses him.

Or because he thinks he can supply enough beauty for the family.  
DOROTHY DIX.

**Milady Beautiful**  
By Lois Leach



**CONSTRUCTIVE REDUCING**

It sounds like a paradox, doesn't it, when one speaks of a constructive reducing program? Usually the overweight woman thinks only in negative terms of losing excess weight. She studies caloric values and puts on her blacklist all foods that she considers fattening, and she becomes thinner, but at what price! Her skin becomes flabby and sallow, there are dark pouches under her eyes and she feels tired and nervous.

The beauty problems of the woman who is losing weight by this method are greater than they were before.

The way to avoid these difficulties is to think of reducing not merely in terms of tearing down excess fat, but of building up a good figure. A woman who takes this constructive view of reducing will limit but not eliminate proteins, starches, fats and sweets from her diet. She will eat plenty of leafy vegetables and fruits and whole-grain cereals, as the reducing diet must provide sufficient bulk. Tea and coffee and white bread do not make a good reducing diet; these beverages encourage constipation, and the bread does not contain the important mineral salts and vitamins which must be in every diet.

Exercise must be included in the reducing program in order to build firm, healthy muscles in place of the flabby fat. As the cushion of fat below the chin melts away the skin hangs in folds which look worse than the original double chin. To prevent this unsightly condition one must not lose weight too fast in the first place (a pound a week is enough), and then one must tone up the throat muscles by regular exercise. Neck exercises are very simple and consist of head turning, neck bending and rotating. After the brief exercise period the neck should be cleansed and massaged. An astringent bandage or chin strap may be worn for an hour or so at this time.

Most women who are overweight need to reduce legs, hips and abdomen. The reducing diet will help, but exercises are also necessary to burn up the stores of fat at these places and prevent flabbiness. Walking and swimming are excellent forms of exercise for this purpose. In cases of extreme overweight when the arches of the feet have become weakened or broken down, long walks are, of course, out of the question, but exercises like swimming, leg raising and the inverted-bicycle exercise, which are done lying down are very helpful. The amount of exercise taken depends on one's physical condition. In advanced cases of obesity the heart or other organs may be affected, so that too much activity might be fatal. A doctor's advice is needed here in order to bring about not only a loss of weight but to improve the health of the whole body.

**Tomorrow — Beauty Questions Answered.**

A representative of a company employing 5,000 collectors recently testified in a London court that in all its history it had only once prosecuted a woman for embezzlement.

**The Shrimp Salad**  
Carefully clean fresh or canned shrimps of all traces of the little black vein, wash and put them in the refrigerator to chill over night. On Sunday evening prepare the dressing as follows: Rub the yolks of two hard boiled eggs smoothly together with eight tablespoons of salad oil, a teaspoon of curry powder and two or three tablespoons of vinegar. Add a quarter as much of very thinly-sliced canned pineapple as there are shrimps, then dress all with the curry dressing pile into a cold lettuce cup (a leaf of head lettuce) put a spoonful of Indian chutney on the side of the salad plate, and serve. Bread and butter sandwiches, saratoga chips, coffee and a hot dessert such as hot gingerbread with a raisin sauce, are accompaniments for this salad.

**The Chicken Salad**  
Use meat of one cooked chicken cut in good-sized pieces, not minced as

**Christie's Biscuits**  
The Standard of Quality Since 1853



**Delicious Salads For Bridge Suppers**

What is harder to get than something that's really just right to serve for the bridge supper (unless it's a good hand of bridge?)

These salads, one of fruit, one of shrimp, and one of chicken, will fit most cases and are easy to prepare well beforehand. Suggestions as to what to serve with them may also be helpful.

**The Fruit Salad**

Use ripe peaches, bananas, fresh pears and figs if possible. If the fresh fruit and figs are not available, then use canned fruit and canned or preserved figs. Have all the ingredients very cold. Cut the peaches and pears (either fresh or canned) into sections (do not slice) cut the figs whether fresh or canned, in quarters and the bananas in eighths. (Once lengthwise, once across, then split lengthwise again, unless the bananas are very long, then cut across once more, that is into sixteenths.)

Pour over the cut fruit a very little French dressing which has been made with lemon juice in place of vinegar. Arrange on a lettuce leaf, very crisp and cold. Then pour over it the special almond dressing given in the following recipe.

Soak shell, blanched (or skinned) almonds in cold water for two hours. Put through the meat grinder if you have no mortar in which to pound them, add a little salt, a slight sprinkling of cayenne pepper, and a little lemon juice. When all are ground fine and mixed with the seasoning, thin it with sherry until it is the consistency of a salad dressing. Then when ready to add to the salad, stir in cold fresh cream, pour over the fruit, top with a half almond and serve at once. Serve sandwiches, a hot drink and cookies to complete the supper.

**The Shrimp Salad**

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**The Chicken Salad**

Use meat of one cooked chicken cut in good-sized pieces, not minced as

**Daily Arguments**

**AUNT HET**  
BY CLAUDE CALLAN



"She looks so happy an' independent, I wouldn't believe she was the new preacher's wife until somebody said she was his second."

**For The Cook**

**APPLE RINGS IN SYRUP**

Make a syrup of 1 cup water and 1/2 cup sugar, let boil. Peel and core very carefully and slice thin 3 or 4 apples; boil carefully in syrup. Be careful so as not to break apple rings when removing to serving dish. Just cook till soft. (At this time of year I add a few drops of almond extract to syrup.) Pour syrup over all.

**(Canadian Press)**

**STAGG FIELD**, Chicago, June 9—George Simpson, Ohio State speedster, established himself as the outstanding sprinter in the world yesterday when he won the one hundred yard dash in the finals of the national collegiate track and field championships in .09 2-5 seconds, clipping all world's records.

**Minard's Lintment for Coughs & Colds.**

so many salad makers prefer. Add one good-sized cucumber, chopped, one cup of walnut meats, one can of tiny French peas and three cups of celery cut in cubes. Toss together and dress with mayonnaise. Serve chutney and these sandwiches, a hot beverage and cake to complete the supper.

All ingredients, of course, should be crisp and cold and the plates chilled.

**Meringue**

White of one egg.  
One tablespoon powdered sugar.  
1/4 teaspoon lemon juice.  
Beat white of egg stiff, add sugar gradually and continue beating. Then add flavoring.  
The lemon helps to keep us clean inside and ward off disease.

**BY PATHS OF NEWS**

**Oldest Fire "Engine" Shown**

England's oldest known fire "engine" has just found a home in the London Museum. It is a large oval wooden tub, and the water was pumped through an iron pipe in the middle. Originally it rested on a carriage with solid wooden wheels, but these have disappeared. The "engine" was made in London in 1678 for a town in Bedfordshire.

**Extension 'Phone Cord Made**

By using a new attachment recently invented in France, one may telephone in bed or in any other part of the room. The device is a spring reel on which is wound a long extension cord connected with the instrument. The cord may be pulled out to any length desired, and when the call has been completed, a coil spring automatically winds the wires.



**Germany has 53 airports.**

Jazz has just appeared in Japan.

Denmark has three-wheeled autos.

France has a skilled-labor shortage.

Nearly 2,000 foreigners are now on the Gold Coast of Africa.

Plans for constructing 5,000 miles of railways in Manchuria are under way.

Edinburgh, Scotland, is electrocuting stray dogs and cats.

Manila, P. I., has two motion-picture production companies.

A system of aerial railways is to be constructed in Bolivia.

Two thousand houses are to be built near Harrow, England.

In the Netherlands there is one automobile to every 40 bicycles.

A Charles II silver tankard was recently sold in London for nearly \$4,700.

Garages for the rental of used cars are being opened in Nanking, China.

The Mexican Government is buying many motorcycles for public service.

Minard's Lintment for Coughs & Colds.

**Orient**  
New  
**CONTOUR HEEL**  
Full Fashioned Hosiery  
Announcing a New Member of the Orient Hosiery Family (Number 650 V.)  
A very sheer, fine gauge Chiffon Hosiery of pure thread silk from top to toe, with the improved Orient Contour heel and the latest Picot top.  
**PRICE \$1.85**  
(Found only in stores of Quality.)  
These are now available in authentic colorings, sizes 8 1/4 to 10 1/4.  
"TURPLE STRIPE" HEAVY SILK to garter welt with purple stripe stop-run, and four inch double line thread top, fifteen fashionable shades to choose from 8 1/4 to 10 1/4.  
**ALLEY & COMPANY LTD.**  
FASHIONABLE FOOTWEAR  
Charlottetown, P. E. I.

**NOT A WORD - NOT EVEN A HINT**  
to her, of course. Then... just before the day comes—a shower of silvery "Wear-Ever"! What more charming and practical way to wish her happiness in her new home!  
Write for "Wear-Ever Showers for Brides-To-Be" by Georgena French—a little booklet of new ideas for arranging a Bride's shower party.  
**ALUMINIUM (VI) LIMITED**  
MONTREAL TORONTO  
**"Wear-Ever"**  
Aluminum Kitchen Utensils