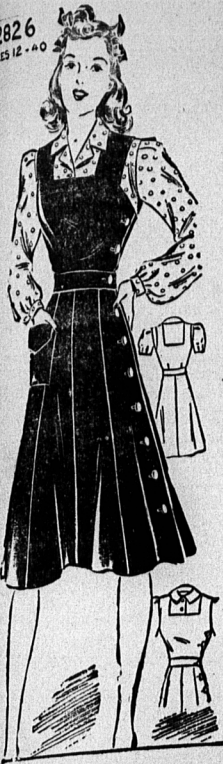


Woman's Realm Social and Personal Fashions Literature

Needlecraft For The Home



This jumper's just about worth its weight in gold... that's how useful it for is. You'll wear it for classes or to the office, with its own blouse or sweater. Because it buttons all the way down the side it's as easy as ABC to press and you'll always look as though you've just stepped out of that all-important handbox. Notice the gentle flare of the skirt and the simple square-necked bodice. Yes, this is the jumper for girls that are smart in more than one way.

Style No. 2826 is designed for sizes 12, 14, 16, 36, 38 and 40. Size 16 requires 21-8 yards of 54-inch fabric for jumper, 2 yards of 39-inch fabric for blouse.

Send Twenty (20c) coin is preferred. For Pattern. Write plainly your Name, Address and the style number. Be sure to state the size you wish.

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Name _____
 Street Address _____
 City _____ Province _____

Lines Can Give Face Character

The idea that life really begins at forty has been making a lot of headway in recent years, but still there's need to emphasize that women need not "settle" when they reach middle age.

Nowadays a woman is as young as she feels and looks. She can feel young almost indefinitely! And, if she really cares how she looks, she can look young far beyond the years when wrinkles, crow's feet, and sagging chins overtake careless people.

Lines are no unmitigated affliction; they do not all shout age. The face without a line, even though it be a twenty-year-old face, is hardly worth a second look, because it does tell something boring about the person.

It says its owner has had precious little experience of living, and hence possesses strictly limited human sympathies. If this fact were more widely appreciated, there'd be less anxiety among mature women about the competition of only youthful faces.

However, certain deep lines do reveal age and also the fact that a woman is "old" before her time. If she has deep tracks from nose to mouth, she may have a tired disposition. And she needs! If she cultivates a happy outlook, she's unlikely to have these creases before she's well past middle age.

Here's an exercise that helps prevent them: Pull your cheeks out full, with your lips shut, then blow them and suck them back, with lips still shut. Massage your face before starting, using a good contour cream. Make brisk, gentle little strokes from the corners of the mouth up and across your cheek bones to your temple. And smile!

Have you eaten NEWPORT FLUFFS today?

Expensive-Looking Gift You Can Make Yourself



Bill File Becomes Recipe File

From one good housewife to another, this gay indexed recipe file is the perfect Christmas gift—though it's only an inexpensive bill file you smarten with wallpaper, a picture and a red satin bow.

Our 32-page booklet tells the simple way to make all these gifts, as well as a bookrack table, vanity set, many other charming novelties.

Send 50 cts. in coin for your copy of "Hand-Made Gift Novelties" to Guard's Home Service Address. Be sure to write plainly your name, address, and the name of booklet.

Name _____
 Street Address _____
 City _____ Province _____

2826
 12-12-40

Dorothy Dix Says—

DON'T BE AN IMITATOR IF YOU WOULD HOLD BOYFRIENDS

Men Like Originality And They Don't Want Their Compliments And Near-Love Making To Be Taken Too Seriously

Dear Miss Dix—I am a girl, 25 years old, intelligent and good-looking, and have the power of attracting men when I first meet them, but after two or three dates they lose interest and cease to date me. One boy, who gave me what he called "constructive criticism," told me that my trouble was that I took them and their attentions and everything else "too seriously." But how can I help taking things seriously when my parents have been so strict with me that they have never allowed me to dance or swim, or take part in the activities of other young people? I don't know how to play. Is there any way I can learn now?

DESPERATE GIRL.

ANSWER—It is hard to change one's character after one is 25, and I shouldn't advise you to try to copycat some gay and vivacious girl who is popular with the boys. For imitations are poor things that never ring true, and a girl who tries to dress herself up in another girl's manners and charms finds that they do not fit and that they make her look like a figure of fun instead of the glamour girl she thought she would be. You must have seen many grotesque and pathetic illustrations of this. Sober and sedate girls, without a particle of humor in their systems, who painfully memorized wiser words and funny stories that fell perfectly flat when they tried to get them off.

Big, hefty girls who tried to curl up on sofas and sit on tables and look cute, but who only succeeded in looking like performing elephants. Quiet girls who tried to be vivacious and who giggled and talked incessantly and screamed at the top of their voices until everybody fled from them to save their eardrums.

Yet these girls would have been attractive enough if they had been honestly and genuinely themselves—dignified and sensible and lady-like. So I advise you not to try to change yourself into something different from what nature and your parents' training made you. Most men have a horror of the little fibertigtibety girls and admire nothing in a woman so much as restfulness and intelligence.

Of course, there is no reason for you not to learn to dance and swim. They are physical activities that are easily acquired and they will bring you in closer contact with a young group, for, after all, you cannot expect to run with the crowd unless you can do the things that it does. Don't misconstrue Statements.

What the young man meant in saying that you took things too seriously was probably to warn you that you scared boys off by reading meanings into their chatter and their attentions that they didn't put there. Boys don't expect girls to believe all the fulsome compliments and near-love-making that they give them. It is just a line when they call a girl "Miss Beautiful" and ask where she has been all this time that they have never met, and tell her that she is the one for whom they have been seeking, and so on and so forth.

A sophisticated girl merely laughs and kids along with the lad, and both enjoy the little play, but if the girl thinks that being taken to be movies a couple of times indicates that the boy has fallen in love with her and intends to ask her to marry him, he feels that his only safety is in keeping away from her.

Certainly the strict parents who think that they are protecting their daughters by never letting them play around with other young people in their teens do them a great and lasting injury, because it is in her school girl days that a girl learns the technique of how to handle men and just how much to discount what they say and do.

Thoughtless Children

Dear Dorothy Dix—Why do young wives show so little consideration for their husbands' mothers? We have a son who is our only child, and to whom we are devoted, but since he has married he hardly ever comes to see us. There is no trouble between his wife and us. We have lavished money and presents on her and much of her physical comfort and pleasure is due to her help, and I think she likes us well enough, but she is devoted to her own family and every holiday or festival of any kind she goes to her mother's, never thinking that we would like to have our son with us. He has not spent a single Christmas or Mother's Day or Thanksgiving Day with us since he has been married.

A MOTHER.

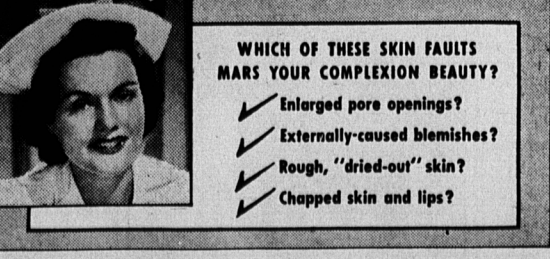
ANSWER—Certainly your son's wife is utterly selfish in not realizing how lonely two old people are and how they long to have their only child with them on fete days and other days as well, but what sort of a poor, pusillanimous, henpecked worm of the dust is your son that he lets his wife keep him from going to see his parents and spending, at least, half of his holidays with them?

I know that a lot of men do let their wives absorb them into their families instead of sticking to their own, but there is no excuse for their doing so. Nothing can justify a man in falling in love and duty to the mother who bore him and the father who toiled to support him.

And the one who lets his wife drag him off to her mother's every Sunday and every holiday instead of spending his own mother by a visit, is nothing but a coward and a quitter who meekly gives in because he is afraid of his boss.

Here is a hint on making use of bacon rinds. I don't need to tell you that bacon should not be served with the rind on, for there are many better uses for it at any time than merely to throw it away like this. Rinds which have been closely removed from the bacon can be placed in a jar and melted down to be used for fat for other purposes later. Again three or four bacon rinds placed with any kind of beans, dried peas or potatoes, will impart a delicious flavour which is brought out in the cooking. The rinds, of course, are removed before the beans are served.—Exc.

Want to "do something" about your COMPLEXION?



WHICH OF THESE SKIN FAULTS MARS YOUR COMPLEXION BEAUTY?

- Enlarged pore openings?
- Externally-caused blemishes?
- Rough, "dried-out" skin?
- Chapped skin and lips?

MOST COMPLEXIONS would be lovelier if it weren't for some common skin fault. If you'd really like to "do something" about your complexion, do what thousands of women all over the country are doing every day! Use the greaseless, snow-white MEDICATED cream, NOXZEMA!

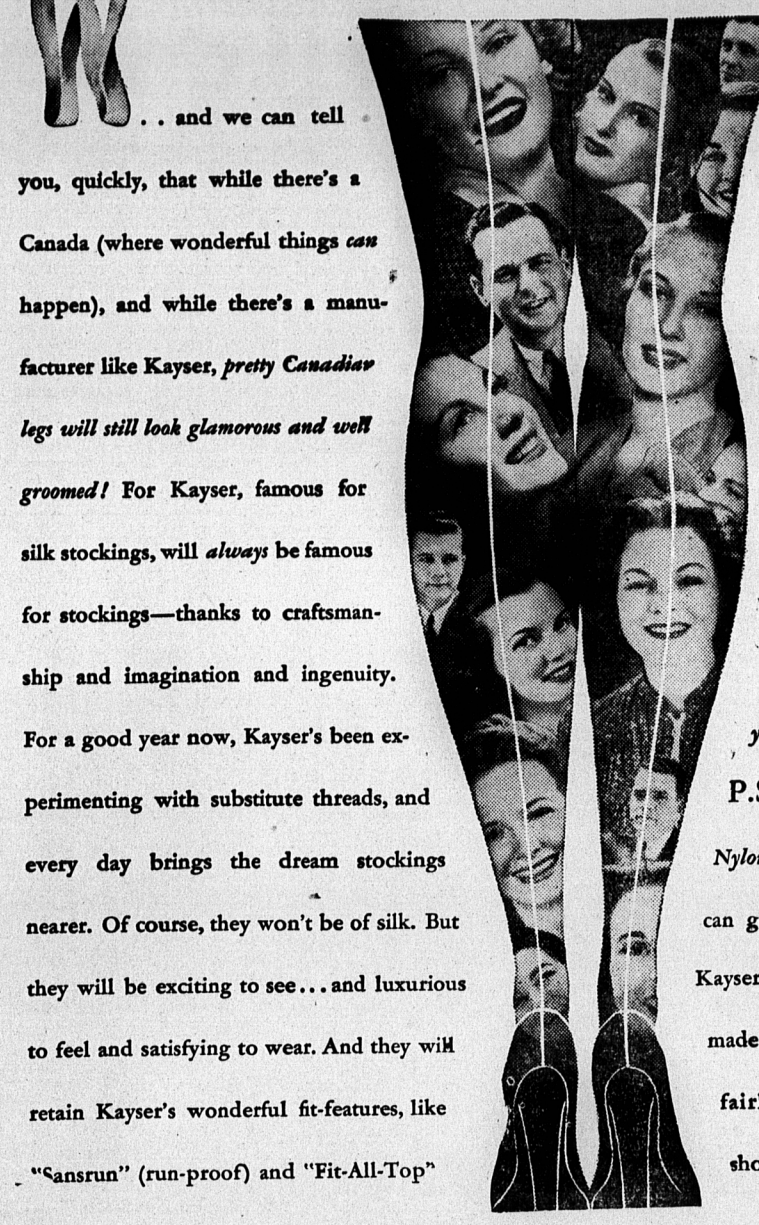
You see, NOXZEMA is not merely a cosmetic cream. It contains special medication that helps...
 ...heal externally-caused blemishes
 ...smooth and soften the skin
 ...and its mildly astringent action helps reduce enlarged pore openings.

Nurses were the first to discover the remarkable qualities of this delightfully soothing, medicated cream. Now women everywhere use it regularly, both as a night cream and as a powder base. Why not try it? Use it for just 10 days, and then, if you don't say it's helping clear up your complexion, simply return the jar and your money will be refunded.

BARGAIN OFFER—Regularly 50¢. Now only 65¢. Get your jar today—at all drug stores.

THE JENKINS PHARMACY
 THE Retail STORE
 Dispensing Chemists
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WE WORK BEHIND THE STOCKING SEAMS



...and we can tell you, quickly, that while there's a Canada (where wonderful things can happen), and while there's a manufacturer like Kayser, pretty Canadian legs will still look glamorous and well groomed! For Kayser, famous for silk stockings, will always be famous for stockings—thanks to craftsmanship and imagination and ingenuity.

For a good year now, Kayser's been experimenting with substitute threads, and every day brings the dream stockings nearer. Of course, they won't be of silk. But they will be exciting to see... and luxurious to feel and satisfying to wear. And they will retain Kayser's wonderful fit-features, like "Sansrun" (run-proof) and "Fit-All-Top"

Till that momentous day (and we happen to know it's coming soon!)—what? Kayser will continue its policy, originated at the first hour of the silk crisis—always to play fair. To sell at reasonable prices. To give every dealer, even in little towns, his equal share of Kayser's available silk stockings. While the quantities last, of course. And after that... believe us, you can count on Kayser for your stocking future!

P.S. . . Meanwhile, when you think of Nylon, think of Kayser. As fast as Kayser can get the Nylon yarns, just so fast will Kayser's wonderful Nylon stockings be made and delivered—always fairly—to your favorite shop.

KAYSER

A Complete Range of KAYSER Products Are Carried by **MOORE & McLEOD Limited**

THE COOK'S CORNER

RICH FRUIT CAKE

2 pounds seeded raisins.
 2 pounds sultana raisins
 2 pounds currants
 1-2 pound mixed peel
 1-2 pound cherries
 1-2 pound chopped almonds
 11-2 cups flour
 1 pound butter
 1 pound brown sugar
 10 eggs
 31-2 cups flour
 1 teaspoon soda
 1 teaspoon cinnamon
 1 teaspoon nutmeg
 1-2 teaspoon mace
 1-2 teaspoon cloves
 1-2 cup fruit juice

METHOD: Wash the seeded raisins, sultana raisins, and the currants in warm water and dry thoroughly between towels. Chop the seeded raisins, but leave the sultana raisins whole. Chop the mixed peel quite finely—if you buy it all ready chopped, it will blend after each that some of the pieces are not too large. Halve part of the cherries, and leave the rest whole. Blanch the almonds in boiling water, then slip the skins. If you chop the almonds while still moist, they won't be so likely to break into splinters, as they sometimes do. Mix all the fruits and nuts together thoroughly, then sift over them the 11-2 cups flour, and mix until all are well coated.

Cream the butter well, and then gradually cream in the brown sugar. Now add the eggs, one at a time, and beat until the mixture is light and fluffy, after each addition. Sift the remaining 31-2 cups flour with the soda and spices. Add this to the creamed mix alternately with the fruit juice to which the brandy flavoring has been added. Stir enough to blend after each addition. The mixture never has to be beaten; if the butter, sugar, and eggs have been properly beaten in the first place.

Now add the flour, fruits and nuts and mix these into the batter thoroughly. Pour the batter into pans that have been lined with several thicknesses of waxed paper, or with two thicknesses of brown paper that has been well greased.

Bake in a fairly slow oven (275 deg. F.) for about 3 1-2 hours for the small size pan—about 4 hours for the medium size pan—and about 4 1-2 hours for the large pan. The time given for fruit cakes is approximate and they should always be carefully tested before taking from the oven.

Remove from the oven when done and take from the pans. Allow to become cold, and then wrap each cake in several thicknesses of wax paper and store in a covered crock to ripen.

GLAZED CARROTS

3 cups diced cooked carrots
 3 tablespoons butter
 3 tablespoons sugar
 Salt and pepper

Method: Melt the butter in a pan and add the drained cooked carrots and the sugar. Cook, stirring over moderate heat until the carrots become glossy in appearance. Season with salt and pepper.

BAKED MACARONI AND CHEESE

11-2 cups macaroni
 11-2 quarts boiling water
 11-2 teaspoons salt
 4 tablespoons butter
 4 tablespoons flour
 2 cups milk
 3-4 teaspoon salt

Dash of pepper
 Worcestershire sauce
 1 tablespoon minced onion
 1-2 to 3-4 cup grated cheese

Method: Cook macaroni in boiling salted water until tender, then drain, rinse and drain again. Melt the butter, then blend in the flour and add the milk gradually, stirring frequently to make a smooth mixture. Cook until thickened, then add the salt, pepper, Worcestershire sauce, onion and cheese. Continue cooking until cheese melts, then add the cooked macaroni. Mix well and cover with buttered crumbs and sprinkle with a little grated cheese, if desired. Bake in a moderate oven (375 deg. F.) for about 20 minutes, or until the crumbs are browned, and the mixture heated through.

A Yorkshire, England, man Joseph Aspdin, discovered how to make cement about 1824.

2ND HELPINGS ARE PROOF OF GOODNESS

When everyone comes back for more you know they appreciate your Swans Down Cake.

Special Flour for Extra Good Cakes

Swans Down Cake Flour is 27 times as fine as ordinary flour. Swans Down is made only from a particular kind of Canadian wheat, grown in one particular section. This selected grain is ground by Swans Down's "Controlled Milling Process" and sifted through silk to assure superlative fineness.

The unvarying high quality and uniform delicacy of Swans Down Cake Flour gives all your cakes velvety crumb, extra lightness and tenderness.

RECIPES FOR THE 9 MOST POPULAR CAKES ARE ON THE PACKAGE



THE INSURANCE POLICY FOR BETTER CAKES