

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

Good!

THERE'S A REASON

GOLDEN morsels of nut-like crispness—tinged delicately with pure malt sugar... there's the best reason why Grape-Nuts is a daily favorite on millions of breakfast tables. See for yourself. Try Grape-Nuts.

Made in Canada



Look at this reason! Grape-Nuts is baked by a special process which makes it easily digestible.

BUY IT TODAY for breakfast tomorrow!



Grape-Nuts offers delightful new summer salads and desserts.

Oh, ma—what a great reason! Grape-Nuts provides vital elements, helps build healthy bodies.

6-27-30

What the Fashionable Are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern By Anabelle Worthington



curved at the front that gives it a becoming lengthened line. The lower part is circular with snug shaping toward the yoke to retain its slim moulded line.

Style No. 2563 is designed in sizes 36, 38, 40, 42, 44, 46, 48 and 50 inches bust.

It lends itself perfectly to shantung, silk pique, pastel washable flat silk crepe, linen and cotton tweed.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. The Summer Fashion Magazine is ready! It contains most interesting styles for adults for town or vacation wear. Also darling styles for the kiddies. It is 15 cents a copy, but may be obtained for 10 cents if ordered same time as pattern.

Form with fields for Name, Street Address, City, State, No. 2563, Size.

A lobster over three feet long was recently caught on the Isle of Wight.

New South Wales has reverted to the forty-eight-hour week.

QUEBEC WOMEN WANT FEWER IMMIGRANTS

STE. ANNE DE BELLEVUE, June 24.—(By The Canadian Press)—Restricted immigration finds favour in the eyes of the women of Quebec, according to the report of the immigration department submitted to this afternoon's session of the Quebec Women's Institute 17th annual convention. Canadian farmers were having a hard enough time hoing their own row under existing conditions, the report, which was prepared by Mrs. W. H. Holmes of Stanstead, provincial convener of immigration, and read by Miss Hazel McCain, Q. W. I. superintendent, stated.

The warmest goodwill toward the New Canadian was expressed by the eight counties which had taken an active interest in immigration work. Endless acts of neighborly kindness were reported. Typical of these was the old-fashioned "boo" where wood was cut and hauled for an immigrant family. Criticism was forwarded from one county however that the new Canadians stayed only a short while on the farms before moving into the city.

Canada should aim at building up a magnificent mosaic retaining all the brilliant colour of its various immigrants, Miss Doris Raynor, secretary of the international department of the Montreal Y. W. C. A. stated in an address on "The New Canadian in our midst."

A Husband's Happiness in Marriage Depends on Success of Good Start Dorothy Dix

"Train Up a Wife on the Honeymoon in the Way She Should Go, and When You Both Settle Down Into Real Business of Matrimony She Will Not Depart From It," Dorothy Dix Advises Young Husband

(Here are a few hints for the June bridegroom: Remember, son, that everything depends upon getting away to a good start. The three months of matrimony will establish your status in the family as either the head of the house or the doormat beyond all possibility of its ever being altered.)



If you let your bride run you into debt buying furniture you cannot afford when you start to house-keeping you will be paying the installment man as long as you live. If you let her begin by feeding you out of paper bags and tin cans you will spend the balance of your days eating delicatessen food and taking dyspepsia remedies. If you let her discover that she can weep and pout her way into getting anything she wants you will put in the next thirty or forty years trying to sidestep a woman's tantrums.

So, train up a wife on the honeymoon in the way she should go and when you both settle down into the real business of matrimony she will not depart from it. Begin by making her your real partner. Don't assume that you are making a chivalrous gesture in bearing all the burdens and assuming all of the responsibilities and doing all of the worrying and that she should never have to bother her pretty little head about any of the sordid details of life and that she should be given everything she wants, no matter whether you have the money to pay for it or not. And don't treat her as if she was just a doll to be dressed up or a toy to be played with.

Treat your wife as you would a man if you had gone into a business deal with him in which you had invested everything you had on earth. Talk over the money end of the proposition with her and make her see that the success of the concern depends just as much on her thrift as it does on what you earn. Show her how to budget her allowance. Teach her how to get the most out of the money she spends.

Don't put up with bad housekeeping. Any woman who can read can learn how to cook. Make your wife realize that you consider her as lazy and incompetent if she lies down on her end of the job, as she would think you if you quit on yours, and that it is just as much her part to make a comfortable home as it is yours to furnish the raw material for making the home. And don't stand for nagging. Any man who eats poisonous food and gets up and gets his own breakfast while an abledodied wife lies abed and snoozes until noon and who is so henpecked he dare not call his soul his own has only himself to blame for it.

Develop your wife into being a companion to you. Cultivate chumminess with her. Think of marriage as an investment you make for the long pull and on which you want to be collecting dividends in your old age. The reason so many middle-aged couples are estranged is because they have never deliberately developed any mutual interest, and so when the flare of youth and passion is gone they have nothing in common and bore each other to tears.

Don't make that mistake. From the very day you are married make your wife share your ambitions and your amusements. Talk over your business with her. Talk over your plans with her. Get her to read the books you are reading and play the games you are playing. Make her feel that she has to keep up with you. You can do this if she isn't an utter fool.

And take an interest in her interests. Discuss her domestic problems with her. Encourage her club activities. Advise with her about her clothes. Don't just sit up behind a paper and grunt when she tries to tell you what she is thinking. If you are more intelligent than she is; if you are better educated; if you have a wider knowledge of the world, drag her up to your level.

Don't be one of the couples who really part company at the cradle of the first baby, the husband going into a world of business, of far-flung plans, of ambitions, of contracts that sharpen his wits and polish his manners and broaden his interest, while the wife goes into the kitchen and the nursery and gets duller and stupider and narrower every day. Why, there are plenty of husbands and wives, living side by side, who are in reality so far apart that they are not in telephoning distance of each other. And the calamity is of their own making, because they never made an effort to keep together.

See that your wife has plenty to do, plenty of good, hard, interesting, constructive work that will keep her busy and occupied and healthy and happy. Most men's ideal of being a good husband is to provide their wives with so many servants that they will have nothing to do but to get into mischief. Idleness is a woman's greatest curse. It gives her too much time to think about herself and her health and her emotions. It is the rich women with nothing to do who fill the sanatoriums and the divorce courts.

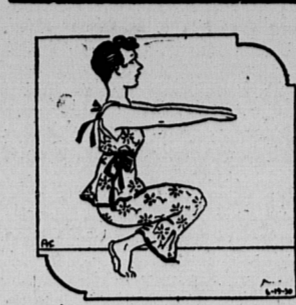
Do something to make your wife happy and glad she married you. Don't act as if just being married to you was all the joy any woman could possibly want and that she must be thrilled to death cooking and cleaning and baby-tending for you and watching you sit up and snore over the evening paper. Housework is dull and monotonous. Taking care of children is the most nerve-wearing occupation on earth. Break the strain by taking her out in the evenings as often as you can and giving her little treats and making her realize that her happiness means something to you.

Be just to your wife. Be generous. Encourage her to go about and have as many interests as she can. Make it part of your daily dozen to pay her a compliment and you will keep her on her knees thanking heaven that she got you for a husband instead of wondering what ever made her marry you. DOROTHY DIX.

McCain urged a kitchen garden for every home. A wide programme of welfare was followed by all the institutes during the past year, she said. Hot lunches, medical inspection, first aid kits and sanitary conveniences had been provided in the schools. And now an opportunity for further service was being offered through the Public Health Units organized by the Provincial Department of Health. No greater laurel could rest on the Quebec Women's Institutes than that they were instrumental in assisting this work.

We are pleased to notice the place given on your programmes to the study of the various phases of home economics. Not cookery only, as was once the case, but nutrition, dietetics, house-management, economics, Canadian in our midst. The new

Milady Beautiful By Lois Leeds



BEAUTY QUESTIONS ANSWERED Exercise for Hips and Calves

Dear Miss Leeds—(1) How can I reduce my hips and calves? My hips measure 38 inches, calves 14 and my waist is 26 and my bust 33 inches. Don't you think my hips and calves need trimming down somewhat? I work in an office and do not take any active exercise whatever, but just walking a few blocks at lunchtime. (2) I have gray eyes, brown hair and a medium complexion. What colors may I wear?

SOMEBODY'S STENOGR.

Answer—You need to take more active exercise, my dear, if you are sitting at a desk all the day. In a few years' time you will not be able to trim down the excess fat that is accumulating around those hips and legs. It is not such an effort to take from ten to twenty minutes every morning for setting-up exercises and special hip-reducing exercises. In addition to the regular exercises you should plan to take a brisk walk every day and spend one or two evenings at a swimming pool or in a dancing class or gymnasium. In this way you can keep fit and trim down those excess pads of fat that seem to be the price a sedentary worker pays unless she makes a special effort to keep them at bay.

For The Cook

RHUBARB CONSERVE

Wash and cut in short pieces, without peeling, six pounds of rhubarb, the strawberry variety preferred. Place in a granite stew-pot, add the grated rind and juice of 2 lemons, 6 pounds of sugar, and 1 pound of figs, washed, stems discarded, and cut fine. Boil slowly until thick, and stir frequently to prevent scorching.

Ends Piles Quick

No Salves or Cutting

Piles are caused by congestion of blood in the lower bowel. Only an internal medicine can remove the cause. That's why salves and cutting fail. HEM-ROID, the prescription of Dr. J. S. Leonhardt, removes this congestion and strengthens the affected parts.

Colfure for Growing Hair

Dear Miss Leeds—I am letting my hair grow, but since I used to have it cut rather short, it is still very uneven as I had the windblown bob. How can I dress my hair now? (2) I have dark blue eyes, olive complexion and black hair. What are my best colors? MISS WINIFRED S.

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Peggy O—Please write for my leaflet giving exercise and menus for underweights. I have not the space to print them again at this time. Your ideal weight is 122 pounds. You should try to gain about sixteen pounds, if you wish to enjoy vibrant health and develop your bust, chest and arms. The local treatment may be taken regularly but you need to build firm, healthy flesh before you can expect results. LOIS LEEDS.

Corn Ached 4 Weeks

Removed in 3 Days

Putnam's Corn Extractor dried up the corn, made it shrivel and drop off. Satisfaction is guaranteed if you use Putnam's—it's painless, safe, sure. Refuse a substitute for Putnam's—it's the best.

Paris fashion experts have solemnly announced that it is no longer correct for women to wear tennis socks turned down, but they must be turned up like a heel.

Keep your Garbage Can Clean, Sanitary, Odorless



To keep garbage cans clean, sanitary and odorless, occasionally do this: Pour half gallon of cold* water in the can. Add two table-spoonfuls of Gillett's Lye. Then scrub the can with an old brush. To prevent breeding of insects in garbage cans, sprinkle a small quantity of Gillett's Lye over the garbage from day to day.

GILLETT'S Pure Flake LYE

Send for our new free booklet explaining how it will help you with all your cleaning. STANDARD BRANDS LIMITED GILLETT PRODUCTS TORONTO MONTREAL WINNIPEG and offices in all the principal cities in Canada

Etiquette By Roberta Lee

Q. Should a woman remove her wraps at a tea? A. She should remove her outer wraps, but not her hat and gloves. Q. May a correspondence card be used for notes of congratulation? A. Yes. Q. From where should the soup be served, the table or the kitchen? A. From the kitchen.

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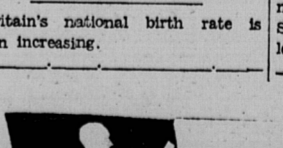
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Character Close-Ups

YOUR BRUNETTE WITH THE SHORT, WIDE FACE MAKES AN AFFECTIONATE MATE



Britain's national birth rate is again increasing.

A Morning Smile

A match of considerable importance was in progress and one player was driving and approaching brilliantly, but putting very badly. One of the spectators remarked to that player's caddy: "Your man is driving wonderfully well." "Aye," replied the caddy, cynically, "but what's the good o' puttin' an umbrella up if your boots are leakin'!"

Islanders In Boston

The Intercolonial Club of Boston held their annual meeting on May 14, and elected the following officers: President, Daniel E. Munn; Vice-President, Dr. Chas. J. E. Kiekham; Secretary, Kenneth Moore; Treasurer, John Killey. Members of the Board of Directors for a term of two years, Retiring Pres. John N. Chaisson, Ernest Ehler and Thomas McLean. Financial Secretary, Frank X. Mitchell; Corresponding Secretary, William R. Murphy; Executive Committee, Murdoch Campbell, J. Ernest Kerr, John J. Turnbull, James A. Yoston, Frank W. Clark; Charity Bureau, James R. Chaisson, John MacPhee, Allen A. McDonald, Dan A. McDonald, Murdoch MacDonald, James J. McElroy and Jos. MacPherson.

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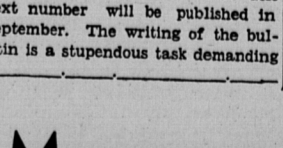
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both time and effort on the part of the editorial board. Now the membership body have not co-operated during the past year in this regard as much as we would desire. You know that there are countless ways in which you all may be assistance, for example forwarding us items of interest for publication. The Editorial Board for the coming year is made up of Dr. C. J. E. Kiekham, William R. Murphy, Thomas E. Johns, J. Ernest Kerr, W. H. Gordon, and Edward W. Campbell. The past President, Mr. John N. Chaisson, who was also an Islander, spoke briefly of the work done last year.

Now that home meeting is on, Dr. Fred W. Christopher, formerly of P. E. I. will be seen any day driving his trotter "Azzoff" around the track preparing for the big race during the coming season. The Doctor has entered him in the Grande \$3,000 Trot as the Brockton Fair next fall at which time many of our members will have the opportunity to cheer for their favorite. Some of our members may not be cognizant of the fact, but Dr. Fred is one of the leading horsemen in this country and Canada and has had several articles published in the "Horse Breeder"—Allen MacDonald has been appointed custodian of the cards in the club rooms. He has acted unofficially in that capacity for several years and we congratulate Allen on his new appointment. A suitable badge will be presented to the new appointee—Our Vice-President, Dr. C. J. E. Kiekham, was recently appointed on the Surgical staff of the Corney Hospital. Congratulations, Charlie—we are informed that James J. McElroy is to enjoy a trip to P. E. I., this coming summer as a guest of the St. Alex's Club—Jot and Pat Kiekham are planning a trip over the road to Souris, P.E.I., via Montreal this summer, with the former as chauffeur and the latter as the pilot.

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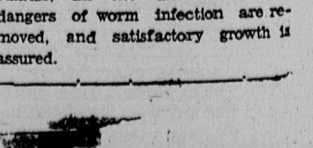
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Jap-a-lac Endurance House Paint, Jap-a-lac Zinc Lith Whites, Jap-a-lac Porch and Deck Paint, Jap-a-lac Florette Varnish, Jap-a-lac Four Hour Enamels and Varnish Stains—more than fifty kinds, suited to every household purpose, that's the new Jap-a-lac range.

IF IT GOES ON WITH A BRUSH, USE

JAP-A-LAC HOUSEHOLD PAINTS AND FINISHES

