

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

Household Time Savers

A HARMLESS SEDATIVE

(Continued)

We believe that the old-fashioned physician would have prescribed a sedative or sleeping-potion. The nerve specialist consulted by our writer prescribed the following:—

First—A daily walk of several miles. Second—At least two quarts of water to be consumed daily.

Third—A definite break between work and bed—at least fifteen minutes—to be spent in reading something light and interesting.

Fourth—A hot drink of some nourishing liquid—preferably a milk meat broth—to be taken immediately before retiring.

Now—our friend the writer was skeptical regarding the efficacy of this prescription—but owing to the fact that he had consulted other physicians—without relief—and because his loss of sleep was seriously interfering with his work and his earning power—he decided to give it a trial—with the result that his attacks of insomnia left him as if by magic—and he commenced to sleep as a child. Each night—when he had completed this writing—he prepared for bed, heated his bowl of soup and milk—then sat propped up in bed—sipping his hot beverage and reading his favorite fiction magazine—after which he switched off his light, settled for the night—and slept.

This prescription is nutritionally and psychologically sensible—and is one which could be used to advantage by all persons who must spend the evening hours at brain-work. It is good for adults; it is excellent for the older children who are attending college and who must study frequently at night. These children need extra nourishment and can ill afford to lose their sleep.

In the writer's family, the hot soup-milk beverage has become popular as a "night-cap." Canned consommé or bouillon is used—diluted with an equal quantity of milk. The beverage is seasoned with a dash of Worcestershire Sauce or Mushroom Catsup (only two or three drops are required) and a generous sprinkling of nutmeg. While the seasonings we have mentioned may not be popular with all—they are excellent for use when one likes the flavour of spice and dislikes the flavour of hot milk, as the combination of the flavours of the consommé, sauce and spice produce a flavour that is new and intriguing.

SUPPER FOR CHRISTMAS NIGHT

If friends and relatives drop in on Christmas Eve to drink to Health and Happiness, you will wish to serve an appetizing supper. Following is a suggestion for the type of supper which may be prepared ahead.

- Tomato Juice Cocktail
Cold Sliced Chicken
Potato and Olive Salad
Home-made Finger Rolls
Home-made Relish
Maple Mousse
Hot Christmas Punch
Home-made Fruit Cake.

SUGGESTION FOR A SUNDAY DINNER

- Tomato Soup
Baked Virginia Ham with Sauted

"STREET SCENE"

Etiquette

By Roberta Lee

Q. When are suppers given?
A. After the opera, play, or concert, to members of the party, and on nights when, at a later hour, it takes the place of dinner.

Q. Are servants addressed by their first name, or last name?
A. Maids are called by their first names, men are called by either their first or last names, a governess by her last name with the prefix Miss or Mrs.

Q. Who should be invited to the home wedding?
A. Only relatives and close friends?

For The Cook

MOCHA CAKE, WITH FROSTING

Four egg-yolks, 2 egg-whites, 1 cup sugar, 2 cups flour, 2 1/2 teaspoons baking powder, 1/2 cup milk, 1-3 cup melted butter. Proceed as for any cake. When well mixed, place in well-greased, shallow pan, and bake in moderate oven for one-half hour.

Mocha Frosting: Three level tablespoons butter, one tablespoon cocoa, two tablespoons strong coffee, one cup icing sugar. Cream the butter with two tablespoons of the sugar, add hot coffee gradually, and then cocoa. Sift in enough icing sugar to make it of the right consistency to spread.

A Morning Smile

They were having their very first quarrel.

"George," she hissed, "you are like other men—a mere fly."

"And you," he retorted, "are like other women—a mere flypaper."

"What do you mean?" she shrieked.

"Oh," he grinned. "Let me explain. You see, the fly is attracted by the flypaper, hovers around it and finally settles on it. And there he stops to have his leg pulled for the rest of his life."

Cheap Enough

Father criticized the sermon, mother disliked the blunders of the organist, and the eldest daughter thought the choir's singing atrocious.

The subject had to be dropped when the small boy of the family, with the schoolboy's love of fait play, chipped in with the remark: "Dad, I think it was a jolly good show for a penny."

- Pipeapple Slices
Baked Sweet Potatoes
Eight Minute Cabbage
Head Lettuce with French Dressing
Lemon Milk Sherbet
Little Cakes
Coffee.

Dorothy Dix Letter Box

Father's Advice to His Son—Will a Marriage of Convenience Result in Happiness?—Must Poor Parents Supply Their Children With Luxuries They Demand?

Dear Miss Dix—What is the most important advice a father can give his son on his 21st birthday? R. C. A.



Answer: There isn't much use in giving a boy advice on his 21st birthday because by that time his character has been formed. It is the advice that you give a boy before he is 10 years old that counts.

But if I were going to give advice to any boy of 21 I should urge him to so live that he can look himself in the face. It doesn't matter much what other people think of us. It is our own opinion of ourselves that counts.

Then I should try to impress upon him the value of moderation in all things. I should tell him that all the good things in the world are intended for us to use in small quantities and that only by doing that can we get any pleasure out of them.

To much abstemiousness starves us to death. Too much eating kills us with obesity. Too much work wears us out. Too much play bores us to extinction. Too much loitering on the way and we never reach the goal.

I should tell him that the only free man is the one who is master of his fate. It is only the man who can control his appetites and his emotion and his temper and his tongue who is the captain of his soul.

I should advise him to cultivate a pleasing address. Good manners are a letter of credit that is honored at sight the world over. The man who knows what to say and how to say it, who never fails in showing little courtesies, who is pleasant to get along with, sells himself to all with whom he comes in contact.

I urge upon my 21-year-old boy to try to find out what Nature intended him to do and to select some occupation in which he was interested and which he finds a pleasure in doing.

I would try to teach my boy patience. I would tell him that there are no quick successes in life and that behind all of the spectacular achievements in which it seems that a man or woman has suddenly leaped into fame and fortune are years and years of hard, grueling labor.

I would try to teach my boy not to be a quitter. I would try to stiffen up his backbone so he would have the strength to carry on through discouragements when his soul was weary and hope died within him.

Finally, I would urge my boy not to marry too young. I would tell him to wait until he had looked them over, not to tie up with the first pretty little flapper who came along.

This is some of the advice I should give my son when he is 21, but I wouldn't be optimistic enough to expect him to take it. DOROTHY DIX.

Dear Dorothy Dix—I have just been reading an article by an eminent French psychologist in which he ridicules the idea that it is necessary for people to be in love before they marry.

Answer: The French idea of marriage does not concern itself so much with the happiness of the individual as the good of the family, and so the state of the young peoples' hearts is not so important as the amount of



CHARMING POSE FOR CAMERA

Hon. Mrs. Francis Erskine, wife of Hon. Francis Erskine, A. D. C. to the governor-general of Canada from 1922-25, and her young daughter, Mrs. Erskine is the daughter of J.F. Burdall of Quebec.—Copyright Photo by Hay Wrightson, London, Eng.

their marriage settlements. If we think of marriage in the terms of the family only, of course, love and romance are minor considerations.

But in this country we regard marriage from a different standpoint. With us it is the union of two hearts that beat as one and we scarcely give a second thought to the family.

As a matter of fact, we don't consider the family enough, or else there would not be so many divorces when husbands and wives part just because they have lost their taste for each other.

Continental husbands and wives may be able to endure a marriage based on a mutual respect and a suitability of social position and fortune, but it wouldn't suffice in this country. It wouldn't satisfy ardent American hearts that want to thrill and be thrilled at least in the beginning of matrimony.

Personally, I think that love is not only the only thing that justifies marriage, but the only thing that makes it endurable.

Every marriage is bound to be full of disillusion and hardships and sacrifices. Every man and woman in the world have their little peculiarities and whims and faults and follies and it takes love to throw a golden glory over all this and make marriage a great adventure instead of a life sentence at hard labor in jail.

As for men and women who marry without love falling in love after they have been married five years or more, that is a miracle that seldom happens. Married people are far more likely to fall out of love than they are to fall in love, and that is why every couple should start out with a full head of enthusiasm and romance. It peters out quickly enough, anyway. DOROTHY DIX.

Dear Miss Dix—We are parents in very moderate circumstances and I want to ask you if you think that our girls should demand silk underwear and our boys from 16 to 18 years of age demand a car and money from us to take their girls out. We cannot possibly afford this, yet our children think we are treating them very badly because we do not give them the things that rich children have. FATHER.

Answer: Of course, it is natural that your boys and girls should want everything that other peoples' children have, but you would be very foolish to let them run you in debt for them. Just explain to them that you cannot afford it and tell them that if they want fine clothes and automobiles they must get out and earn them. The thing that has driven many a man out to fortune is his desire for luxuries. DOROTHY DIX.

Location medical witness. The burly foreman rose from his seat. "Man and boy, I've lived in these parts for fifty years," he protested, "and I have never heard of the place." "Where did the car hit him?" asked the corner. "At the junction of the dorsal and cervical vertebrae," replied the

Baby Used to Lie Awake Nearly All Night. Healed by Cuticura.

"Eczema broke out in a rash on my baby's face, neck and head, and formed wet, sore eruptions behind his ears. It itched awfully, causing him to scratch. He was restless and fretful and used to lie awake nearly all night. I tried different remedies but they did not do any good. I began using Cuticura Soap and Ointment and in about a week the eruptions began to heal, and after using two cakes of Cuticura Soap and two boxes of Cuticura Ointment he was completely healed." (Signed) Mrs. N. Brown, Box 74, Elm St., Paris, Ont., Oct. 17, 1930. Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold everywhere. Sample each free. Address Canadian Depot: J. T. Wait Company Limited, Montreal.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



No. 590—Empire Mode. This style is designed in sizes 0, 6, 8 and 14 years. Size 8 requires 2 yards of 39-inch material with 1/2 yard of 39-inch material with 3/4 yard of 39-inch contrasting.

No. 666—Youthfully Smart. This style is designed in sizes 14, 16, 18, 20 years, 26, 38 and 40 inches bust measure. Size 16 requires 3 1/2 yards of 39-inch material with 3/4 yard of 39-inch lace.

No. 683—For Wee Lads. This style is designed in sizes 4, 6, 8 and 10 years. Size 6 requires 2 yards of 35-inch material for jacket and trousers with 1 1/2 yards of 35-inch material for blouse.

No. 510—All-Day Type. This style is designed in sizes 36, 38, 40, 42, 44 and 46 and 48 inches bust measure. Size 36 requires 3 1/2 yards of 39-inch material with 3/4 yard of 39-inch contrasting.

Name Street Address City State



PUTTING ON THE DOG

Although little Betty Robinson would make just about a mouthful for this huge St. Bernard at the Metropolitan and Essex Dog Show, Crystal Palace, London, she isn't afraid. He doesn't bite—much.

MR. AND MRS.

A Thought for Christmas Eve

By BRIGGS



CELEBRATES BIRTHDAY OF YOUNG DAUGHTER

Squadron leader Augustus H. Orlebar, leader of world's fastest group of men, the English Schneider Cup team, seen with Mrs. Orlebar upon one-month-old birthday of Bridget Gay, their young daughter.