

# Woman's Realm/Social and Personal/Fashions/Literature

## Living & Leisure

### — THE WOMAN'S REALM —

#### BEAUTY SECRET

When bloom of youth has disappeared, Milady tries to fake it. Cho hair is curled and lips are smeared, the still does not quite make it. Much time and effort goes to waste in trying for such graces. For Age shown is making haste in sundry other places.

If she would pay a bit more heed (Forsaking beauty hunger) To her poor feet, I'm sure that she'd Feel better and look younger. —Engelagus.

The short evening gowns focus so much attention on your feet and legs that really beautiful evening slippers are a "must" for every one this year.

The smartest are very open sandals with thin striping or lacings that wrap around and tie high above the ankle. The shoe itself is only the merest shell on a sole, sometimes with a tiny closed cap over the toe, sometimes completely open. You may match your dress in color or wear gold or silver kid or a bright contrasting color.

#### BELTS ARE IMPORTANT

Don't belittle your middle by ignoring the fashion importance



#### GOOD! GOOD!

Kellogg's new, quick way to make **BRAN MUFFINS WITH RAISINS**

Use creaming, no egg-beating—just one easy stirring! Make some today!

1 cup Kellogg's All-Bran 1/2 teaspoon salt  
1/2 cup milk 1/4 cup sugar or golden syrup  
1/2 cup sifted flour 1 egg  
1/4 teaspoon baking powder 2 tablespoons soft shortening  
1/4 cup raisins 1/4 cup raisins

1. Combine All-Bran and milk in mixing bowl.  
2. Sift together flour, baking powder and salt into same mixing bowl. Add sugar or golden syrup, egg, shortening, and raisins. Stir only until combined.  
3. Fill greased muffin pans 3/4 full. Bake in pre-heated moderately hot oven (400° F.) about 25 minutes. Makes 9 luscious muffins.

Canada's most famous natural laxative cereal for diet of insufficient bulk—try a bowlful today!

**Mother Knows Best!**

of belts. Dog-leash narrow, waist-embosers are highly popular—leather belts in narrow-to-corset widths are brave with color and trim, and the jersey sash in woven or knit weights is used sash or cummerbund fashion to encircle the middle. And don't forget the striking effects that can be achieved with printed scarves for waist-hugging wonders.

A lovely walk is based on good posture. Your head must be held high. Your shoulders must be relaxed. Your waist is pulled out of your hips and your hips are tucked well under. Your knees are flexed (relaxed). Your weight, all of it, is on the balls of your feet. This is the posture you should be practicing every day. This is the way you should stand whenever you are on your feet.

#### HOW TO WALK

Now you are ready to take your first step in the right direction!

1. Place all your weight on the ball of your left foot.
2. Slowly lift the right foot a little off the floor. This lifting motion comes from the hip and knee joints (not the ankle).
3. Now as your right foot moves forward and as your heel very gently meets the ground, you transfer your weight to the right foot.
4. Your weight then rolls evenly from the centre of your right heel, through the centre of your left ankle to your toes as your left foot is lifted up and forward. It is the unbroken continuity of the rhythmic rolling motion that gives smoothness to your walk. And it takes practice.

#### COLLEGIATE CAPERS

Two interesting skirts and one good jacket equals two suits in the coed wardrobe. Add a jumper, as many blouses as the budget will allow—and toss in a clever jerkin or vestee—and you don't need a slide rule to discover the mathematical potential of a basic and highly interesting, casual about-the-campus wardrobe.

Don't be afraid to investigate a piece of meat, to find out where the bones are, before trying to carve it. A little advance exploration of this kind will help you slice the meat to perfection.

#### COLLARS ARE NEWS

PARIS — Collars are fashion news. Never have they been more varied or larger. Scarfs and shawl collars, cape collars and cow-collars, which can be pulled forward over the head as hoods, are plentiful. Cup collars often lined with fur, fit closely round the neck, funnel collars are taller still.

Giant godets, circular or fan-shaped and set in at the back



For full, rich goodness **KING COLE COFFEE** VACUUM-PACKED

or side-back, will make this season's slim skirts suddenly open out with flare and grace.

Are you fond of painting but hate the mess you always make? Try putting a cardboard pie plate beneath the can of paint before starting operations. The plate will catch all drippings and give you a place on which to rest your brush.

Clean out dust and dirt from under typewriter keys at home by running the nozzle of the vacuum-cleaner along the underside of the portable.

#### CALF-LENGTH FAVORED FOR EVENING GOWNS

PARIS — A word on evening dresses is most important at the moment, because the number of calf-length frocks is almost greater than that of ground-length models. They may be slim and straight, accompanied by little jackets tucked under them after noon and dinner dresses, or full ballet-skirted types of tulle and lace with strapless bodices and trimly marked waist-lines.

## Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, griping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters' needs is so pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your druggist, 25c.

## DOROTHY DIX SAYS -

### Bad Boy

#### Mother Complains That Son, 17, Won't Study, Help Around House

DEAR MISS DIX: My son is 17 years old and in the tenth grade at school. I am a widow and my husband's great desire was that I should educate the boy with his insurance and make something out of him. But my son has begun to skip school, will not read or study and wants to go out every night. He has a job on Saturday and works like a Turk until late, but when it comes to doing anything for me he refuses. I have to wait on him, pick up his clothes, have tried kindness, persuasion and rewards to get him to do the work, but he refuses to mind me and is impudent. Do you think it would do any good to give him a good whipping?

MRS. W. J. P.

ANSWER: You are seventeen years too late now in teaching your boy obedience. You have to do that in the cradle. If you whip a boy of 17, you will only make him so angry that he will probably run away from home. You will not make him mind you.

But perhaps the situation is not as bad as you think it is. You want your boy to be neat and clean and orderly, to be a student at school and studious at home. You want him to be eager for an education and ambitious about going to college and to prefer to spend his evenings at home with you to running around with other boys. Well, he is just exactly like millions of other boys who have grown up into fine citizens and the prop and stay of our country.

#### ALL ALIKE

Virtually all boys are like that at 17. They hate to work around home. They resent authority. They are irritable and impudent. And there is nothing that their mothers can do but just to keep hands off as much as they can.

You say your son likes to work. That will be his salvation. As soon as he finishes high school, let him get a job that interests him. There is hope for every industrious person. They seldom go far wrong.

But one thing I do urge upon you and that is not to waste your husband's insurance money in sending a boy like that to college. Keep that for yourself to live on and perhaps lend him a helping hand some time when he wants to start a little business of his own. You can lead a horse to water, says the old proverb, but you can't make it drink. So you can send a boy to college, but you can't make him a scholar unless he has a thirst for learning.

DEAR DOROTHY DIX: For eight years I have kept company with a married man who has a wife and two children, and although he swears that he loves me well enough to give them up, he never does it. He always makes some excuse about not getting a divorce. Says he has no fault to find with his wife, so she would have to be the one to ask for a divorce. I am getting discouraged waiting and living on the back street of his life. Do you think I will ever get this man all for myself?

#### TEARS

ANSWER: No, I do not think that the man ever intends to divorce his wife for you, and the sooner you realize that, the better it will be for you. Realize that if the man had ever wanted to marry you it would have been in the early days of your liaison, and he would then have asked his wife to set him free. Now, when his romance with you is as stale as his marriage, he hasn't the remotest idea of going through the mess of a divorce in order to make you his wife.

It is a pity that the girls who fall for married men do not realize that nine times out of ten the man clings to his wife with both hands and wouldn't part with her for the world, because she is his perpetual alibi. She is his excuse for the girl for not marrying her and he hides behind her skirts while he carries on his nefarious work of stealing a girl's heart.

Enduring the same purgatory with you are innumerable other women who are eating out their hearts for the love of some married man. No lot is sadder than that of the woman who wears out her life on hopeless waiting for a married man, but perhaps the woman who is willing to break up another woman's home gets the punishment that fits.

DEAR DOROTHY DIX: We are a boy and girl of 17 and 16, very much in love with each other. Do you think it necessary for us to

(Continued on page 10)

## The Stars Say -

By Genevieve Kambie

For Friday, November 4

A PERPLEXING and intriguing state of affairs is likely to materialize on this day, according to particular planetary aspects. The curious or irregular course of events may demand a keen analysis of motives, purpose, schemes and propensities, in which safety depends on a shrewd glimpse behind the scenes where false and sinister plots and plans may be concocted. Regulate the feelings and emotions in favor of straight thinking, realism, facts.

#### For the Birthday

Those whose birthday it is are advised to formulate plans and programs, based upon honesty, truth, discretion, and straightforward thinking as well as right action and purpose. It would be easy to be drawn into equivocal, unprincipled, and expedient acts, lest the motives and machinations of others prove a subtle force, regrettable and sinister in outcome. Make ideals firm and practical, shunning alluring plots and schemes lest "dreams" miscarry, or complicate. Shun intrigues and glamorous tactics. A child born on this day may find itself the victim of sinister, conniving and elusive entanglements, won by subtlety, intrigue or expediency. Make ideals practical.

#### Better English

By D. C. Williams

1. What is wrong with this sentence? "We are going to take in a show tonight."
2. What is the correct pronunciation of "overall" (a garment)?
3. Which one of these words is misspelled? Erroneous, eruption, erratic, eradication.
4. What does the word "insidious" mean?
5. What is a word beginning with de that means "skill; adroitness"?

#### ANSWERS

1. It is better to say, "We are going to a show tonight."
2. Pronounce as spelled, not overalls, as so often heard.
3. Eruption.
4. Intended to entrap; characterized by treachery and deceit. "There is no more insidious peril than this."
5. Dexterity.

## That Body Of Yours

By James W. Barton, M.D.

#### DIET AND TOOTH DECAY

We are familiar with the advertisement of a paint company which states that if you save the surface you save all. This is probably true of wood and paint, but it is not entirely true of teeth.

Research dentists states that brushing the teeth with powder or paste regularly will preserve the enamel or outside covering of the teeth. It is through the enamel that most decay or caries of the teeth occurs. Particles of food left on the teeth gradually cause a small crack or tiny cavity in the enamel, and once the enamel is broken, harmful organisms cause decay of the underlying structures. Thus it is good to be able to prevent decay of teeth by the use of "protective" foods especially milk and other dairy products, and fruit and green vegetables.

Because there has been some controversy as to the benefits of nourishing foods preventing tooth decay, some information comes from Dr. Genevieve Stearns, State University of Iowa, in the Journal of Dental Research. Their research workers found that before the full benefit of a nourishing diet could be estimated the child should be well nourished. They believe that some of the nourishing diets to prevent decay are not apparently successful because the patient is in a run down poorly nourished condition at the time many months must elapse before the child becomes well nourished. At the State University, Iowa, keeping children under strictly controlled diets, complete stop of decay occurred with diets high in sugar and diets low in sugar but always with enough of the building foods, especially dairy products which are readily absorbed into the blood.

In other words it is the state of nourishment of the body when the protective foods are given that is the important point as far as tooth decay is concerned.

## Household Scrapbook

By Roberta Lee

#### Curtains

Window curtains will keep clean much longer if they are dusted thoroughly each week. And, shake them before laundering. Soak in cool, soapy water for about a half hour, then wash in warm suds. Rinse thoroughly. Dry full length on the line if they are not to be placed on stretchers.

#### Preserves

Place an asbestos mat directly over the burner and under the pot in which preserves are cooking. You can then go ahead with other work, knowing that the preserves will not stick and burn.

#### Wet Shoes

Shoes that have become soaked in the rain should be stuffed with paper and dried on their sides, away from the fire.

## How Can I!!!

By Anne Ashley

Q. How can I clean the leather on furniture?

A. Wash with one teaspoon of vinegar to each cup of warm water used. Use a soft cloth wrung out of this solution. Wipe dry, then polish with one egg white, beaten and mixed with a teaspoon of turpentine. A flannel cloth should be used for polishing.

Q. How can I remedy a sticking window sash?

A. Four small amount of hot lard between the window frame and the casing, and also smear it along the sash rope and on the roller.

Q. How can I add to the flavor of stewed dried fruits, such as prunes, peaches or figs?

A. Add a small amount of lemon juice and grated lemon rind while stewing.

## Cook's Corner

#### CHOCOLATE SUNDAE PIE

- 1 1/2 cups milk
  - 1/4 cup grated unsweetened chocolate
  - 1/2 cup sugar
  - 3 eggs, separated
  - Dash nutmeg
  - 1 tablespoon plain gelatin
  - 3 tablespoons cold water
  - 1/2 teaspoon vanilla
  - Pinch salt
  - 1 cup heavy cream, whipped
- Heat milk in top of double boiler, add chocolate and stir until blended. Add slightly beaten egg yolks and nutmeg to the hot sugar. Combine with chocolate mixture in double boiler and cook until thickened, stirring constantly. Cool and fold in the stiffly beaten egg whites, which have been whipped with the remaining 1/2 cup sugar. Turn into prepared crust and chill. Top with whipped cream and sprinkle with additional grated chocolate.

## Save Money on Meals!

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Try This Grand LUNCH or SUPPER TREAT!

PACKAGES OF BUCKWHEAT Regular Size or 3 1/2 lb. ECONOMY Size

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## Modern Etiquette

By Roberta Lee

Q. What are the courses that make up a formal dinner?

A. There are five or more courses. First, oysters or clams on the half shell, or canapés, or other light relish; or grapefruit, fruit cup, or melon. Second, soup. Third, fish. Fourth, game or roast with two vegetables. Fifth, salad. Sixth, dessert, followed by fruit, nuts, candy and coffee.

Q. Is it all right to refuse a cigarette someone has offered you, if you prefer your own brand?

A. Yes, but be sure to smile and say, "Thank you, I have some."

Q. Who takes charge of the wedding fee for the clergyman?

A. The bridegroom places it in an envelope and gives it to his best man, who hands it to the clergyman after the wedding.

## Morning Smile

By Roberta Lee

POOR THROW  
"So you're walking out with Mabel again; I thought she'd thrown you over."  
"She did, but you know how girl throws."

GOOD REASON  
"And now that you have had an opportunity of hearing my opinions," said a Parliamentary candidate, "you'll agree that my opponent hasn't a leg to stand on."  
A voice from the back of the hall: "All the more reason why he should have the seat."

**Canned SALMON in Toast Cups!**

1 lb. Canned Salmon  
Bread  
1/2 cup butter  
2 egg yolks

Make baskets by placing 2 slices of bread, crusts removed, into buttered custard cup, overlapping 2 corners of the bread on bottom of container. Bake at 375 degree F., 5-10 minutes. Flake Salmon and fill hot baskets. Make sauce by melting 1 cup butter with 2 egg yolks in double boiler, stirring constantly. Water in bottom of double boiler should not be boiling. As mixture thickens, add another 1/2 cup butter. When thick, remove from heat. Seasonings—Pour sauce over Salmon Baskets.

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