

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

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

It simulates a bolero, which is such a youthful smart fashion for street for spring.

And it's so utterly chic carried out in black and white crepe silk print. The cross-over white crepe silk vest has two self-fabric buttons.

The bias skirt seaming creates undreamed of slowness. The hemline displays graceful fullness.

Style No. 412 may be had in sizes 16, 18, 20 years, 35, 38, 40 and 42 inches bust.

Size 36 requires 3 1/2 yards 39-inch with 1/2 yard 35-inch contrasting.

Plain crepe silk, now so much favored, lends itself excellently to this model.

Flint crepe silk, heavy sheer silk and thin wools are also suitable.

Price of pattern 15 cents in stamps or coin (coin preferred). Wrap coin carefully.

No 412 Size

Name

Street Address

City

State

The waiter was a very friendly kind of fellow.

"Sometimes a pearl is found inyster stew," he said.

"Hum!" grumbled the guest. "I'm looking for the oyster!"



A Proper Time For Serving Cheese

If eaten early in the day and in combination with the proper foods, cheese is digestible and also a highly valuable food.

Cheese is not the indigestible substance it has been pictured. Its bad name has come from bad company it has kept. In this respect it is like old dog Tray.

If cheese is dragged into an after theatre supper and taken with champagne, cocktails or highballs, it will get the name it does not deserve. If a large portion of cheese is crowded into a stomach already overfull from a ten course dinner, it will help to make you feel miserable.

Cheese is rich in protein, the same material which makes up the substance of meat. It is just as useful as meat and accomplishes for the body almost exactly what meat does.

If this is true, you can see that meat and an equal quantity of cheese, should not be eaten at the same meal. Take the meat or take the cheese—don't take both.

Cheese should be eaten with the meal and not added to the meal, as desert is. If it is taken with the meal, made a real part of the meal, it is a wonderfully fine food.

There are some cheeses which are made from cream. For one who has difficulty in digesting fat, these varieties may be distressing, just as any other fat is distressing. Such persons should eat the skimmed milk or whole milk cheeses.

The American people suffer from a lack of lime. They appear to get enough to give them backbone, but they get too little to give them good teeth and sound bodies. Every food that carries lime is desirable.

For Breakfast SERVE KING COLE COFFEE And start the day right

Cheese is such a food. Also it retains the sulphur and phosphorus of the milk, as well as iron and certain vitamins. All in all, cheese is a valuable addition to the family diet.

There is no objection to taking one of the rich, highly flavored varieties at the end of the meal, provided the quantity is small. My preference is to take a milder cheese during the course of the meal, much as butter is used.

We have much to say about properly balanced meals. What is such a meal, for instance at lunch time? How does this strike you?

Fruit, lettuce, bread and cheese—in this combination will be found the elements of a perfect meal, a wholesome meal, an appealing meal. Try it and see.

Ask your grocer to show you his display of cheese. In it you will find the foundation for many an attractive meal.

Dorothy Dix Lists Five Ten Happiness Rules

Before You Take Upon Yourself a Wife, Be Sure That You Know How to Handle Women. Be Prepared to Go Fifty-Fifty; Don't Expect Too Much, but Do Your Best to Make a Success of Your Marriage, and Show Your Wife Every Day That You Love Her

TEN RULES FOR BRIDEGROOMS

(Continued From Monday)

The sixth qualification that a young man should have for matrimony is at least a kindergarten knowledge of women. Strangely enough, every man thinks that he has some sort of gift that enables him to read women as if they were a child's primer in big print, and that no woman could fool him, yet a newborn female infant can pull the wool over the doctor's eyes and a 17-year-old flapper with a half teaspoonful of brains can bamboozle a hard-boiled banker.

So confident are men that they can handle women with one hand tied behind them that they never take the trouble to study the feminine psychology and find out why women act as they do, and a man can be married to a woman for forty years without ever knowing what colors she can wear or what she would like as a surprise at Christmas or finding out how to do as he wants to do and make her like it.



So, son, if you want to be happy though married, be certain before you escort Angelina to the altar how to solve the cross-word puzzle you are exposing. Generally, the key to the riddle is her vanity. She wants to be praised, and if you lay on the flattery thick enough she will break her neck trying to justify your good opinion, but if you blame her she will say, "What's the use," and lie down on her job. If every husband would make it a cast-iron rule to pay his wife a compliment every day, it would not only eliminate divorce, but do away with nagging and give every married man carte blanche to go fishing and stay out nights and bring unexpected guests home to dinner.

For whether a wife objects to what her husband does or not, depends on the way he puts it to her, and if he tells her she is so broad-minded and intelligent and superior to other women and understands him so completely that he doesn't have to lie to her as other men do to their wives when he wants to get off for a little holiday, why, she has to live up to her blue china.

Seventh. Don't expect your wife to be an understudy of your mother. Don't expect her to treat you as your mother treated you. A whole generation and a revolutionary change in the status of women lies between your wife and your mother.

In your mother's time a girl got married because marriage was her ticket and her card of admission into any sort of independent society, and she stayed married, no matter how selfish and disagreeable and hard to live with her husband was, because if she left him she was jumping out of the frying pan into the fire, for divorce was a disgrace to a woman, no matter to what sort of a brute she was tied. So mother had to be humble and patient and put up with father's faults and take his backtalk.

But the girl you are marrying is different. She is well educated. She has a good trade and can earn her own bread and butter. She can live an independent life. She doesn't have to marry unless she meets a man that she loves better than she does her own freedom, and she doesn't have to stand marriage unless she finds it agreeable and unless her husband gives her a square deal.

So the chances are that your wife isn't going to low-toe before you. She will play the game-fifty-fifty with you, but you've got to come across with your half of the adapting and do your part toward making marriage a success and the home happy. She isn't going to be the martyr to you that your mother was to your father, and she isn't going to overlook all of your shortcomings as your mother did and just because it is you. It is only mothers who are blind to their sons' faults. Wives wear bifocals and get a clear line on them, coming and going.

Eighth. Don't expect too much of your wife. Don't be disillusioned when you discover that she gets her complexion at the drug store instead of by nature, and that the gold in her hair comes out of a bottle. Goodness knows, you are no John Barrymore yourself before you get a shave in the morning.

Don't feel that you have been stung because she isn't a cracker-jack housekeeper. She will learn in time if you will encourage her. Don't feel that you have been taken in because you discover that she has funny, fussy ways and temper and nerves and temperament and that she has to be handled with gloves. You would find a perfect woman a very trying companion to live with and one with whom you would have very little in common.

Take her as she is and make the best of her on the platform. If she is a good cook, eat her dinners with gratitude and don't get disgruntled because she is not a highbrow. If she is a highbrow and can't cook, enjoy her companionship and eat at a restaurant. Try to develop the best that is in her instead of bating her for the worst, and you will be surprised how often you can change her bet into a winner.

Ninth. Make as great an effort to make your marriage a success as you do your business. Don't throw up your hands and quit because it doesn't move off smoothly at the start. You wouldn't give up your profession because you didn't get clients or patients the first year. You wouldn't expect your business to pay a dividend to start with. Use the same patience in trying to build your marriage up into a going concern. And apply the same tactics to your wife that you use in dealing with your best customer.

You "sell" yourself to your clients. You use tact and diplomacy in dealing with them. You control your temper and nerves in public. You are gallant to rich old Mrs. Smith. You jolly cantankerous Miss Brown along. You remember Mrs. Perkins' favorite brands of goods and the colors she likes best in hats. Believe me, every wife would be a happy life if her husband treated her as politely and considerately as he does his invaluable private secretary or his wealthy women customers.

Ten. And finally, son, tell your wife every day that you love her and do something that shows you are trying to make her happy. If you will do this, she will spend her life on her knees thanking God for giving you to her as a husband.

(The End)

DOROTHY DIX.

Acidity Overcome

Wonderful Results From Famous Vegetable Pills

Instead of having an acid stomach and being constipated, Mr. Frank C. is well. "I can eat anything since trying Carter's Little Liver Pills," he says. Because they are PURELY VEGETABLE, a gentle, effective tonic to both liver and bowels, Dr. Carter's Little Liver Pills are without equal for correcting Constipation, Biliousness, Headaches, Poor Complexion and Indigestion. 25c. & 75c. red pkg., everywhere. Ask for Carter's by NAME.

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Aged Bee Keeper Succumbs to Sting

MIDDLETOWN, N. Y., April, 14.—John Reamer, 78, veteran Unionville bee keeper, who always worked unprotected about his hives because he was not afraid of bees, died today as a result of being severely stung about a year ago. For some time he had been unable to talk and gradually the poison spread through his system.

Barber (to customer): "How does the haircut suit you?" Customer (absent minded): "The hair is altogether too short. A little longer, please."

For The Cook

CARAMEL SQUARES

Not quite cake—not quite sweetmeat—but with a good deal of the lure of both, these caramel squares are dainty things to have at one's fingertips for one's more festive baking. Take

- 1/2 cup butter.
- 1/2 cup granulated sugar.
- 2 eggs.
- 1 1/2 cups flour.
- 1 teaspoon baking powder.
- 1/2 cup walnuts.
- 1/2 cup brown sugar.
- 1/2 cup jam or lemon butter.

Cream butter thoroughly, adding sugar gradually. Beat one egg and one egg yolk until light. (Remaining white is used for the meringue.) Combine with first mixture. Mix and sift flour and baking powder, then add gradually. Spread smoothly in pan about 1 inch deep. Spread with jam or demom butter and top with meringue made of the stiffly beaten egg white to which has been added the brown sugar and finely chopped walnuts. Bake for 30 minutes in a slow oven.

Colds Checked

By modern vaporizing ointment—Just rub on VICKS VAPORUB ACTS 2 WAYS AT ONCE

A Morning Smile

George Ade tells this story on himself. He was sitting with a little girl. She looked up from her book of fairy-tales and said: "Does m-i-r-a-g-e spell marriage, Mr. Ade?" "Yes, my child," was all he found to answer.—Wall Street Journal.

"My dear, it was very interesting at the dinner last night. I was talking to a Pole most of the time." "Oh, John! And you promised you wouldn't have more than one drink."

LAUGH AND BE MERRY

Laugh and be merry, remember, better the world with a song, the teeth of a wrong. Laugh, for the time is brief, a thread the length of a span. Laugh, and be proud to belong to the old proud pageant of man.

Laugh and be merry: remember, in olden time, God made Heaven and Earth for joy He took in a rhyme, Made them, and filled them full of the strong red wine of His mirth.

The splendid joy of the stars: the joy of the earth. So we must laugh and drink from the deep blue cup of the sky Join the jubilant song of the great stars sweeping by, Laugh, and the battle and work, and drink of the wine out-poured In the dear green earth, the sign of the joy of the Lord.

Laugh and be merry together, like brothers akin, Greeting awhile in the rooms of a beautiful inn, Glad till the dancing stops, and the lit of the music ends, Laugh till the game is played; and be you merry, my friends, —JOHN MASEFIELD

ROSE VALLEY SCHOOL

- Honor Roll for March:—
- Grade IX—1. Margaret Matheson;
 - 2. Ella Todd.
 - Grade VIII—1. Annie Todd;
 - 2. Helen Matheson.
 - Grade VIII (Jr.)—1. Annie Newcome.
 - Grade V (Sr.)—1. Katie Todd;
 - 2. Mack Matheson.
 - Grade III I. Wallace McInnis;
 - 2. Dena Matheson;
 - 3. Everett Clow.
 - Grade I—1. Mary Clow;
 - 2. Lena Mayhew.
- Absent: Violet Todd and Florence Matheson.
- Perfect attendance: Ella Todd, Helen Matheson, George Matheson, Mar'ion Blondon, Teacher.
- (Patriot Pleases Copy)

Pimples on Face. Caused Loss of Rest. Healed by Cuticura.

"Pimples broke out on my face. They were not very large but were quite red and puffy looking. My face was very sore, and the itching and burning caused me to lose a lot of rest. I tried about everything but could not get rid of them. I had the trouble about a year before I began using Cuticura Soap and Ointment. Within twenty-four hours they relieved the itching and burning, and after using them about three weeks I was completely healed." (Signed) Stanley Watling, 5212-109-A Ave., Edmonton, Alta.

Soap 25c. Ointment 25c. and 50c. Talcum 25c. Sold everywhere. Sample each free. Address Canadian Depot: J. T. Wait Company Limited, Montreal.

Arms And The Woman

Rough Skin Means Poor Circulation—Massage With Cream In Upward, Kneading Motion

Maybe it's a matter of carrying out the season's vogue for military fashions. Anyhow, the battle for spring beauty honors will go to the girl who is well armed!

Glance at those arms of yours the next time you pinouette before your mirror in a new evening gown. Are they gleaming and graceful? Do they seem in proportion to the rest of your body? Or—are they so thick and pudgy that they spoil the whole sleek effect of your costume?

No reason to ruin the evening by being arm-conscious! Overly fat arms will respond marvelously to the proper diet—though you always must remember that a rigid diet never should be undertaken without a physician's approval.

Bulky arms usually are accompanied by a bulging waistline, so it may be that your arms have called attention to a whole figure that needs a bit of shrinking in order to complement spring's elegant mode.

Potatoes, bread, butter, most desserts, piecing between meals, drinking hot drinks with meals—all these may induce over-weight. Avoid them—unless you have been told on authority that these things are necessary to your health. A rough skin often bespeaks poor circulation. To remedy this condition, scrub your arms with a stiff body-brush while bathing, using tepid, bland soap. After drying thoroughly, apply warmed oil or give your arms a thorough massage with your favorite cold cream.

It's in an evening gown, of course, that arms seem fairly to shout the quality of their owner's beauty. So give them a prominent place in your make-up. Massage them well with cream, working the cream into the flesh with an upward, kneading motion. Leave it on for a few moments then wipe off the superfluous cream, using for this purpose a tonic on a pad of cotton.

Next apply powder. The chances are that you shouldn't use white powder, which gives the arms a cold unnatural appearance. Rather, the average skin is enhanced by eggshell or even one of the mauve tones.

Remember—graceful arms will enable you to reach toward beauty!

Stockings Lead

(Quebec Chronicle)

The most casual observer is no doubt aware that silk stockings in this country, as in other countries, are worn generally by the ladies, but woolen and cashmere stockings and even the less fashionable cotton, mercerized and cotton and wool stockings have not gone into the discard. This is disclosed in the official report just issued on the hosiery, knit goods and fabric glove industries in Canada, for the year 1930.

Of the total value of production for these industries in the year under review, amounting to \$53,042,817, an output of 47,340,228 pairs of stockings of all kinds, from the aristocratic silk to the plebeian cotton, accounted for \$21,112,263. The pure silk, in one form or another, to the extent of 16,541,808 pairs, had a value of \$12,293,486. The 7,862,222 pairs of artificial silk hosiery were valued at \$2,437,965.

Barber (to customer): "How does the haircut suit you?" Customer (absent minded): "The hair is altogether too short. A little longer, please."

Women said: You can't keep suds like that But that was before they used the New Oxydol

Why don't you try this amazing soap—see how its suds last till dishes are sparkling clean—how they float dirt out of clothes and hold it out so clothes are cleaner and whiter without rubbing? Softens water. Never balls up

50% MORE SUDS MEANS 47% LESS WORK

Procter & Gamble Toronto, Ont. MADE IN CANADA

OXYDOL THE COMPLETE HOUSEHOLD SOAP

By Appointment to Her Majesty the Queen

MAKE THE LOVABLE FRAGRANCE YOUR Perfume

NO other perfume in all the world can greet you with the tenderness and refreshing touch of the Yardley Lavender. In 162 years none has presumed to take its place as Fashion's best-loved companion; and none ever will. Make the Yardley Lavender your perfume—for the solace that it brings when you are tired and for the fascination that is Yardley's alone. In stoppered bottles at 35c—and gift cases from 85c to \$10, at all good drug and department stores.

YARDLEY LONDON Toronto, New York, Paris

YARDLEY LAVENDER

SPRING BROOK SCHOOL Standing of pupils for March. Grade IX—1. Edda Bernard. Grade VIII—1. Mary Gillespie and Betty Gillespie (equal). Grade VII—1. Olive Cole, 2. Duncan MacLeod. Grade V (Sr.) 1. Hazel Meek, 2. Rebecca Orr. Grade IV—1. Verma Haines, 2. Della Mathieson, 3. Archie Cole. Grade III (Sr.) 1. Alva Jost. Grade III (Jr.) 1. Henry Meek, 1. Arnold Meek, 3. Joseph Harding. Grade II (Sr.) 1. Otta Dunning, 3. Chester Bernard. Grade II (Jr.) 1. Harry Locke, 3. Borden MacRae, 3. Marion MacRae. Grade I (Sr.) 1. Grace Dunning, 2. David Crosby, 3. Wilbur Locke, Harold Johnstone (equal). Grade I (Jr.) 1. Earle Cole.

THEY STRETCH TO FIT

FIT-ALL-TOP STOCKINGS

Are you average? Plump? Tall? Then "Fit-All-Top" Stockings are just your size. A special weave of springy elasticity from knee to top stretches up, down and around—to suit your individual requirements.

To the average woman, they give glorious comfort and freedom, and relieve garter strain. To the plump, the width of an out-size. To the tall, inches of extra length.

205X—Chiffon; 218X—Semi-service—\$1.25 Exclusive with Kayser and at no extra cost

AT ALL THE BETTER SHOPS

KAYSER MADE IN CANADA

This clever idea is the newest by KAYSER and will be shown here on arrival, next week Moore & McLeod Ltd.