

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

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In these trying times

every worker, every housewife, and every child should take SCOTT'S EMULSION regularly. The strength-maker that maintains vitality, ensures health and saves costly illness.

When economy is essential it is better to buy one bottle of SCOTT'S EMULSION of known quality and proved worth than two of some cheaper imitation which cannot possibly have the same strengthening, nourishing, protective value as the genuine



SCOTT'S EMULSION

of Norwegian Cod Liver Oil

Rich in Vitamins A and D



Sales Agents: Harold F. Ritchie & Co. Ltd., 10-18 McCall St., Toronto

A Morning Smile

Angler husband: "What do you think of these beauties?" Angler's wife (laughing): "You needn't try to deceive me, Mrs. Smith saw you at the fish dealers."

WINNER AT EASE ELEPHANT IS DEAD

BRIDGEWATER, N. S., Oct. 3.—Alonzo is dead. A telegram conveying that news lifted a big weight off the mind of David McKean, who had been advised by a Toronto firm that his good salesmanship had won him the baby elephant.

McKean had been worried. The elephant was to have been shipped to him without delay. He didn't know anything about elephants—except that they were big animals with big appetites and requiring big quarters.

Francis telegrams to circus men all over the continent had failed to bring response. So he had resigned himself to his fate and selected a 10 by 12 foot garage as a tentative place of keeping.

The elephant had been seized by the firm to satisfy an account with a circus that went broke in Toronto, so McKean believed it was coming all right.

Today he was relieved when a telegram informed him the animal had been sold to another circus. Hooray! But another telegram stated the sale had been cancelled. Shucks! Still another telegram—Alonzo was dead. Well, well!

Incidentally, the firm had assured McKean that he will receive another prize, although not quite so big.

HER MOTHER TOLD HER



EVERY month it was the same story. Headaches and backaches. Jumpy nerves. Always tired out by mid-day. She hated to talk about her trouble. She tried to hide it. But you can't hide things like that from a mother. So her mother told her—what every mother should tell her daughter.

Lydia E. Pinkham's Vegetable Compound was made for just such trying times. Taken regularly it ends fatigue and irritability. Makes life worth living... every week... every month. Won't you give it a chance to help you?

Lydia E. Pinkham's VEGETABLE COMPOUND

What the Fashionables are Wearing

By Annabelle Worthington Illustrated Dressmaking Lesson Furnished with Every Pattern

It has the fashionable deep round yoked shoulder.

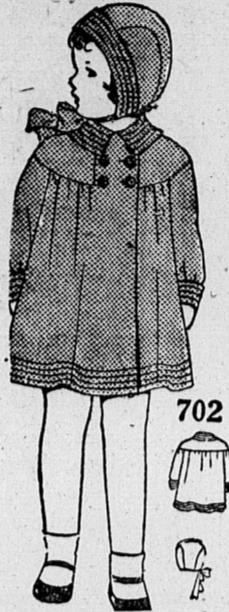
The pattern also provides for the snugly fitted bonnet.

Style No. 702 is designed for sizes 2, 4 and 6 years. Size 4 requires 2 yards of 39-inch material with 1 1/2 yards of 39-inch lining.

For the two year old, a pale pink or blue lightweight woolen is adorable. For the bonnet, make the tie-strings of matching crepe de chine. The buttons may be self-covered or of novelty bone type.

For the 4 or 6 year old, French blue, beige-tan, reseda, green or golden brown woolen is smart.

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



Form for pattern order: No. 702. Size, Name, Street Address, City, State.

dish and pour the tapioca mixture over them. Bake in a moderate oven until the apples are tender and the top is slightly browned. Serve hot or cold with plain or whipped cream.

Apples Creole: 6 apples, 1 1/2 cups sugar, 1 1/2 cups boiling water, 2 cloves, 1/4 cup brown sugar, 1/4 cup water, 1/2 cup pecan nuts, chopped.

Custard sauce or cream sauce. Mix sugar and boiling water and boil five minutes. Peel and core apples and cook in the sugar syrup until tender. Drain and cool.

Boil brown sugar and water together until a little of the mixture forms a firm ball in cold water. Remove from fire and beat until creamy. Add nuts and fill apple cavities with a fudge mixture. Pour syrup over the apples. Serve cold with custard or cream sauce.

Stuffed Apples: Wash and core large, firm apples and fill cavity with a mixture of equal quantities minced raisins and chopped nuts. Place in sauce pan with enough water to prevent burning. Add sugar in proportion of 1 cup for 6 apples, and a few whole olives and a stick of cinnamon. Let simmer slowly 20 minutes or until apples are tender and serve with or without whipped cream and chopped nuts.

Apple Fritters: 1-3 cups flour, 1 1/2 teaspoons baking powder, 1/4 teaspoon salt, 1-3 cup evaporated milk, 1-3 cup water, 1 egg, well beaten, 2 tart apples. Mix and sift the dry ingredients. Add gradually the milk diluted with water, then egg. Pare and cut the apples in small bits, stir into the batter. Drop by spoonfuls into deep fat and fry to a delicate brown. Drain, sprinkle with powdered sugar and serve immediately with the lemon sauce.

Apple Pudding: Six medium sized apples cut in eighths and cooked whole. Drain juice from them, place in granite baking dish and sweeten with sugar. Scald two cups of milk in the double boiler. Mix 1/2 cup granulated sugar, 2 tablespoons cornstarch, 2 tablespoons cocoa, and a little salt and butter. Mix smooth with a little cold milk and add to the hot milk. Cook thick. Add two egg yolks slightly beaten. Let cook thoroughly. Remove from fire and add 1 teaspoon vanilla. Pour over apples in baking dish. Beat white of eggs and pile lightly on top. Brown in oven. Serve with cream.

Apple Float: 2 cups thick apple sauce, 4 egg whites. Sweeten the apple sauce to taste with salt, add a little salt, and set away to cool. Beat the egg whites very stiff, and fold the cold apple sauce into them. If desired, add 2 or 3 teaspoons of lemon juice, or sprinkle a little nutmeg or cinnamon on top, or add a spoonful of whipped cream to each serving.

Apple Tapioca: 1/2 cup quick-cooking tapioca, 2 cups boiling water, 1/2 cup sugar, 1/2 teaspoon cinnamon, 1/2 teaspoon salt, Juice of 1 lemon, 3 pints sliced tart apples. Add the boiling water to the tapioca and cook in a double boiler for 15 minutes, or until the tapioca is clear. Add the sugar, cinnamon, salt and lemon juice. Arrange the apples in a greased shallow baking

Care Of Skin

Now and then a face is too dry. All it really needs is nourishment. Dry faces wrinkle easily. Every passing event makes a line that lingers and goes deeper and deeper until after a while a wrinkle comes.

If you want to avoid this network of lines that tell a sagging sort of story when they are read by the general public, get busy with your creams. Nobody has to look old.

Cleansing creams with oily bases should be your choice. Apply the cleansing cream generously. Massage it into the skin with light, deft fingers. But before you use it wash your face with soap and water. You want the cream to have access to every pore, and dust and dirt will retard this action, if they are present in too large proportion.

NOURISHING CREAM

When your face has been cleansed use a good nourishing cream. Keep it on while you sleep. It will ooze deeper and deeper into your pores, supplying the nourishment that is lacking. Use nourishing cream as a powder base, rather than a vanishing cream. Vanishing cream may make your face dry.

Be sure to see that cream mingles the places under your eyes and also your eyelids. Crow's feet would be encouraged if you take this precaution. Besides, eyelids should have a dewy appearance anyway.

Paste rouge and eyebrow shadow should be used. If you have always been partial to soap and water cleanliness, examine the soap that you are using. Make sure that it does not have a tendency to make your skin dry.

Choose a soap that agrees with your skin. Hard water isn't a facial luxury, either. Whenever possible use soft water on your skin.

Some people like to use the tips of their fingers for massaging nourishing cream into the skin. Others prefer specially designed patterns. Some choose the palms of their hands. Whatever you do, be careful that you do not use too much pressure. After all, you don't want to break down the tissues. You merely want to rub out the lines and be beautiful.

while every day until you are able to perform this trick easily. The exercise sounds ridiculous, of course, but you will be surprised at the added buoyancy that will come into your step when your muscles are working instead of acting as cords to pull you back.

Another exercise consists in rotating your feet from your ankles. To do this lie flat on the bed. Forget you have legs. They play no part in this exercise. Move your feet in a circle, inward, outward, and back again, so your toes point first one way, then another. This exercise will help your ankles, too.

Walking Not Enough: Walking doesn't necessarily exercise your entire foot. Too many people don't know how to walk. If you want to put a spring into your step so everyone will think o wings when you pass, instead of chains, try a few simple exercises. Your feet will become limber and useful. They will no longer be heavy and tired.

Pretend that you are walking on sand. Push your toes against it, hard, as you have seen children do. Close your eyes and imagine that the sand is clinging to your feet, that you are digging it up as you come. In this way you will exercise your toes. Of course, if you are near a lake which has a sandy beach, and it's warm enough you will be able to really practice this exercise the next time you put on a bathing suit. Instead of spending all your time in the water or just sitting along the beach, strengthen the muscles of your feet by digging in to the sand.

The next exercise is just as simple but it promotes grace. Place some marbles on the floor. Pick them up with your toes. Practice for a little

well balanced SKIN TREATMENT For Daily Care of the Skin The Soap thoroughly cleanses and at the same time protects the skin, the Ointment heals that unexpected pimple, rash or skin irritation. Soap 25c, Ointment 25c and 50c. Canadian Depot: Lyman Agencies, Limited, 286 St. Paul St. W., Montreal.



Dorothy Dix Letter Box

Is Working Wife Whose Husband Pays Household Expenses Entitled to Allowance Besides? — Man Who Has Seen Many Girls Best Qualified to Tell a Good One

Dear Miss Dix—Here is a problem which my wife and I have agreed to let you settle for us. We both teach and I think that we should have a joint bank account, and that our earnings should go into a common fund accessible to both. My wife will not agree to this. She wants to keep all of her money for herself and thinks that I should give her an allowance out of my salary and pay for her clothes besides. I have been using my salary to pay off our debts and for the grocery bill, etc and do not feel that under the conditions I am obligated to make her an allowance or pay for her clothes.

She feels that I am treating her badly and says that other men give their wives an allowance buy them pretty dresses and so on, but that she never experiences the thrill of having part of her husband's money. Which one of us is right? PUZZLED. HUSBAND.

Answer: I think you are, and that your wife is taking a very unreasonable and selfish attitude toward you. Also she is showing herself very grasping. There are wives as well as vamps who are gold-diggers, and who want to take everything and give nothing in return.

It seems to me that a woman loves money better than she does her husband if she is not willing to share what she earns with him when he is struggling to pay off debts and to get on his feet again, as you are. She should feel that it is a privilege to help him and be proud that she is self-sustaining and able to pay her own way and that she does not have to take from him a single dollar of the money with which he is emancipating himself. For every man in debt is a slave. He is owned by those to whom he owes money.

The idea of a man giving his wife an allowance is based upon the supposition that she is not gainfully employed outside the home, and that she devotes her time and labor toward making her husband a home. Her allowance is the salary her husband pays for her services in the house, and in justice she has no right to an allowance if she does not perform these services or if her husband does as much of the housework as she does. The domestic women and the wage-earning business and professional women stand upon entirely different platforms.

It is unfair to expect a man to give his wife an allowance if she earns as much as he does, as is often the case. How much money he gives her then and how much of the support of the family he pays is a matter of generosity, not of justice. And certainly it seems to me that the wife who gets a salary envelope should at least buy her own clothes.

All women are in favor of the joint checking account when the man furnishes all the money. They don't view it with such a favorable eye when they have to put in their quota, and this is easily explained by the fact that it has been such a short time since women have had any money of their own that they are still jealous of it, and can't bear to think of anybody else having access to it.

Also, while men feel free to spend what they please without telling what they do with it, they nearly always require their wives to account for every penny, and generally there are ructions if the wife has not spent it wisely. Hence, the average woman above everything else regards having money that she can spend or give or waste without having to tell anybody or ask anybody or account to anybody as the greatest privilege that she can possibly enjoy.

So my advice to you and your wife is this: Pool your finances till you pay off your debts, then decide on a certain amount for your living expenses to which you both contribute according to your salaries. Then each keep your individual private bank account and you can make your wife such presents as you see fit and can afford.

I'm with your wife this far, in feeling that an individual bank account is as necessary to a woman's self-respect as an individual toothbrush. DOROTHY DIX.

Dear Miss Dix—Because I have been around a bit and have met many women in various parts of the world I find I am not considered seriously by girls. They think I can't tell an up-and-up girl when I meet her, but I think I am more qualified to know a real girl than most young men of my age who have never been outside the city limits, but I just can't convey that thought to the girls. MARINE ENGINEER.

Answer: Probably the girls are just spoofing you. To affect unbelief in what a man says and ask how could he like poor little me when he has seen so many other wonderful girls in other places and to make him swear that never before has he met any one so beautiful and enchanting is just a line with a lot of the sweet little things.

And it is a line that most men swallow, hook, bait and sinker, so be wary, Mr. Marine Engineer, or you will find that you are another poor fish who has been yanked out of the sea of bachelorhood to the dry land of matrimony.

But, of course, the man who has seen a lot of girls is far better able to judge them and to know what's what and who's who among them than is the man who has only known one or two. In Mr. Kipling's famous poem about the man of many loves the hero says: "And I learned about women from her" of each new dalliance. And that is true. Every girl has something to teach a man, and he passes on to the next one a little wiser and a little better judge of the fair sex.

That is why I think it is so foolish for boys and girls to start "keeping company," as the phrase goes, in their teens. It keeps them from getting acquainted with many other girls and boys and learning a lot about the opposite sex that would enable them to make much wiser choices of husbands and wives. They are as restricted in their choice as if they bought the first automobile they ever saw or the only hat or dress that was offered to them. It is the men and women who shop around for their mates before they finally pick them out, who know every sort and type of man and woman, who are likely to get the kind of husbands and wives of whom they will never tire.

The boy who has always gone with Sally since he was in knee trousers thinks that all girls are just like Sally, with the same peculiarities and prejudices, the same tastes and habits, but the boy who has been about a lot knows that no two girls are alike, and he knows which are the ones worth having and which are the ones that it is good to let alone. DOROTHY DIX.

Dear Dorothy Dix—What do you think of the modern system of courting? Most of the girls are ready to be hugged and kissed the first time a man takes them out, but I give kisses sparingly, since I feel that they are a token of love and not a mere pastime. Am I prudent or slow? Also, when I feel that a girl is anxious for my company I lose interest in her. Is this my nature or human nature? YOUTH.

Answer: You are evidently a young man of discrimination and have tactful-

Miss Ethel Chapman makes this novel

LUXOR CAKE



with Magic Baking Powder

"My advice to all housewives, both skilled and inexperienced, is: Use Magic Baking Powder. Then there is no uncertainty about your baking," says Miss Ethel Chapman, Editor of the Home Section in the Ontario Farmer.

This unqualified statement is particularly impressive because thrifty Canadian homemakers have learned that Miss Chapman's advice is invariably practical.

Other well-known food experts and cookery teachers in the Dominion share Miss Chapman's high opinion of Magic. In fact, the majority of them—and housewives, too—use Magic exclusively. No wonder Magic outsells all other baking powders combined!

Miss Chapman's recipe for 'LUXOR CAKE'

- 1 cup fine granulated sugar, 1 teaspoon vanilla extract, 1/2 cup lukewarm water, 1/2 cup Magic Soda, 1 1/2 cups pastry flour (or 3 tablespoons less of bread flour), 2 teaspoons Magic Baking Powder, 1/2 teaspoon salt.

Sift sugar. Measure out 2 tablespoons pour on vanilla extract and set aside. Add water and soda to egg yolks; beat with egg beater until foamy. Add sugar a little at a time, beating in well. Add flavored sugar and beat. Sift together flour, baking powder and salt. Fold carefully into mixture; pour in ungreased angel cake pan. Bake in moderate oven at 350°F. for 40 to 45 minutes. Invert pan and let stand until cake is cold, when, with the aid of a spatula, it will slip from pan. Remove all crumbs and moist crust from surface and cut in three layers. Spread Lemon Cream Filling between layers. Ice top and sides with Marshmallow Seven Minute Frosting. (Recipes for filling and frosting are in the Magic Cook Book—see free offer below.)



Made in Canada

FREE—Send for the Magic Cook Book to use when you bake at home. Address: Standard Brands Ltd., Fraser Ave. and Liberty Street, Toronto, Ont.

Lady Rodney Loses One Of Her Crew

HAMILTON, Bermuda, Oct. 3.—A tale of tragedy and heroism was uncovered here recently with the arrival of the Canadian National liner "Lady Rodney", enroute to Montreal from Jamaica.

While in dock at Jamaica the "Lady Rodney", which plies from Halifax during the closed season on the St. Lawrence, had a member of her crew Maurice Williams, able bodied seaman and a native of Wales, accidentally fall overboard between the ship and the dock.

The quartermaster on duty sounded an alarm which brought Chief Steward Maxwell and Chief wireless operator Harold Turner to the scene.

Maxwell dived and struggled valiantly to disentangle the victim from beneath some logs which floated between the liner and the dock. Once he succeeded in loosening the half drowned seaman, but only to find himself caught against beneath the logs.

Maxwell, which I fear would put you in the slow class in this day of high-speed love-making and job-lost sweeties.

To each age its own customs. Courting, as now conducted, is carried on in the hard-boiled manner without any reticence or romance. Kisses are no longer sacred to love. Or saved as a sacrament for the One and Only. Girls' lips are free to every Tom, Dick and Harry and a kiss doesn't mean any more than a hand shake and there is no threat to it.

The reason that you lose interest in a girl when she becomes interested in you is because man is by nature a hunter and the excitement of the game is the pursuit. Most men feel the same way. DOROTHY DIX.



LEON JANNEY—popular young screen star

After School

GIVE the children a bowl of Kellogg's and milk. Just the nourishment they need. Delicious. Healthful. Easy to digest. How much better than hot, heavy food. No trouble to prepare. Try Kellogg's your 'if for afternoon refreshment. Quality guaranteed.



Enjoy a bowl of Kellogg's