

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

Household Hints

By Roberta Lee

Washing Vegetables

Try using an ordinary ten-cent corn-popper for washing vegetables of all kinds. It can be turned around several times in the water and when lifted out the vegetables will be bright and clean.

Tinware

New tinware can be preserved by rubbing every part of it with fresh lard, then heating it thoroughly before using. It will never rust, no matter how much it is left in water.

Darning

To save time in darning or mending, try basting under the hole a piece of mosquito netting. Then darn in and out through the meshes of the netting.

For The Cook

DATE SQUARES

Cream one-half cup butter and add one cup white sugar. Add the yolks of two eggs well beaten. Beat, sift two teaspoons baking powder with one and one-half cups of flour and add to first mixture. Add one tablespoon milk.

Spread over a shallow pan with a knife. Cut up dates and walnuts over this and press into mixture. Then smooth over the stiffly beaten egg whites. Bake in a rather hot oven for about fifteen minutes, or until brown. Take from oven and cut into squares and remove to waxed paper. This takes a pan about ten by fifteen inches.

Was Constipated, Bilious, Tired. Now Well, New Woman

"Was always constipated, bilious, tired, out of sorts. Since taking 'Fruit-a-lives' feel like new woman, perfect health. Constipation gone." Muriel McHenry, Montreal. Hoets of men and women write years-old constipation and liver trouble ended overnight with "Fruit-a-lives." Biliousness, indigestion, heartburn, gas vanish like magic. Kidney and bladder ills, pain in back fade away quick. Nerves quiet, sound sleep at once. Rheumatism, neuralgia, neuritis, sick headaches decamp in hurry. Complexion clears. Ten of nature's greatest remedies combined in handy tablet. Marvelous discovery by famous Canadian doctor. Speedy results amaze all. Don't miss tick, tired, weak. Get "Fruit-a-lives" from druggist today.

MID-WINTER BARGAINS

WANTED FOOTWEAR

LADIES' OVERSHOES \$1.75

Many kinds and colours, but not all sizes in each line, these are broken lines and we must clear them out.

OIL TANNED MOCCASINS \$1.75 Boys 1 to 5, Men's 6 to 11, \$1.75 (Sizes 11 to 13 only \$1.25)

BOYS HIGH LACED BOOTS \$2.50 Sizes 2 to 5, (Regular \$5.50 Boots) \$3.50 Men's sizes 6 to 10 \$5.00

BI-TEX HOSIERY \$1.43 Five colours to choose from. Regular Price \$2.00. \$1.43

LADIES' SILK AND WOOL HOSIERY Regular price \$1.25. 79c Three shades to choose from.

ALLEY & CO LIMITED FASHIONABLE FOOTWEAR

Dorothy Dix Letter Box

Can a Girl's Disposition Be Tried Out Before Marriage?—Why the Dancer is a Risky Proposition as a Wife for the Domestic-Minded Man

Dear Miss Dix—Will you please settle an argument? A. claims that when he finds a girl that he considers seriously he is going to try out her disposition before marriage by arguing, scolding and criticizing her, and telling her what she can do and what she cannot do. B. says that a man has no right to criticize, or scold, or attempt to dictate to a girl before they are married. What do you think? ELSA.



Answer. I think it would be an excellent thing if men and women showed each other their worst sides, and gave each other samples of their disposition and temper before marriage, but I also think that if they did that there would be a terrific slump in the matrimonial market.

Perhaps there is no deeper instinct in the human breast than that which fills us with resentment at being stung in a bargain, being taken in, fooled, flimflammed. It is not that what we get is so bad, or that it isn't worth the price we paid. It is that we were outwitted and deceived and didn't get what we thought we were getting that keep us peeved.

It is this feeling that underlies what we call the disillusion and disappointment of marriage. The man or woman we married is no more what we thought he or she was than if he or she was a different individual. To our amazement we find that we are married to strangers who have an entirely different set of qualities from those that lured us to the altar.

In his courting days when John goes to see Arabella he is shaven and shorn and pressed and perfumed. He spends hours upon hours telling her how beautiful and wonderful and angelic she is, and how superior to all other women. He racks his brains to think of things to do to amuse her and places of entertainment to take her to. He lavishes presents upon her, and naturally Arabella thinks that she is getting for a husband a man who looks like a sheik, who will be a perpetual lover and a generous provider.

Imagine, then, the shock it is to her to find out that he is slovenly in his personal habits, and that she has to goad him to the bathtub. Picture her chagrin when he is always knocking her faults, and holding up other women to her as an example of what she should do. Fancy her disappointment when he never pays her a compliment after marriage, and she discovers that she has to corkscrew even the money for the housekeeping out of his hermetically closed pockets.

Also, in the days of courtship Arabella was so mild and sweet and amiable that butter wouldn't have melted in her mouth. She was all complacency, and whatever John wanted to do was the law to her. She hung upon his every word, and begged him to tell over again about how he made that perfectly wonderful sale to Smith & Jones, and she laughed at all of his jokes and encored his stories. Naturally, this led John to believe that if he married Arabella he would get a second Patient Griselda for a wife, and a claque that would "ways be giving him the glad hand, and that he could always pose as an oracle in his own family.

Imagine, then, his surprise after marriage, when he discovers that Arabella has a nasty temper and a wicked tongue, and that she is a champion fretter, and a perpetual nagger. Picture his chagrin when she yawns in his face when he tries to tell her about his business and begs him, for pity's sake, not to repeat that old wheeze that she has heard a thousand times, and when she plainly gives him to understand that she considers him a say because he doesn't make as much money as some other man makes.

Certainly it would save a lot of disappointment if John and Arabella would show themselves in their true colours before marriage. Arabella would have nothing to complain of if when John came a-courting he had put in an appearance in a soiled collar and with a three-day's stubble of beard on his face, and if he had given her proof of his parsimony, and told her plainly of her faults and her shortcomings. Nor could John feel that he had been gold-bricked if before marriage Arabella had given him a taste of the henpecking he would be subjected to, and the curtain lectures he would have to listen to if he married her. Then they could either take matrimony, or leave it. And, believe me, they would mostly leave it.

But A's plan of disenchanting the party of the other part before marriage will never become popular because it is against nature. The same power that gives a brighter hue to the feathers of a bird in the mating season bids men and women put their best foot foremost when they are courting. DOROTHY DIX.

Dear Dorothy Dix—I am madly in love with a chorus girl who is a dancer. I want to marry her, but she insists on going on with her career even after our marriage. She refuses to leave the stage. Will you be good enough to advise me whether a marriage with such a girl would be advisable for a man who is domestic and wishes to have a real home and bring up a good, honest family. A CONSTANT READER.

Answer: I should consider such a marriage most inadvisable for both you and the girl. It would be bound to end disastrously because it would lack the one thing that is most important in marriage, and that is for the husband and wife to have the same interests, the same ideals and the same goal.

If you want to be happy though married you must pick out a wife who has the qualities you desire in a wife. Otherwise she is as surely bound to be a disappointment to you, as it would be if you needed a delivery truck and bought a sports automobile, or if you were hungry and craved rare roast beef and potatoes and you ordered a flubdub mess of whipped cream.

In your case you want a domestic wife who will be a fireside companion. You want a wife who will be content to stay at home and have babies, and go to market, and have a real exciting day cooking spinach a new way, and in order to get that kind of a wife you have got to marry a girl who is domestic-minded, and who loves children, and who thrills at the sight of a pot and pan in a shop window.

It is folly to pick out a chorus girl with quicksilver in her toes and expect her to enjoy tramping the family treadmill. It is insanity to expect a girl who has lived on excitement not to find home life dull. It is madness to expect one who is used to the bright lights to be content to spend her evenings darning stockings across the drop light from you.

Men make the mistake of thinking that love compensates for everything to a woman, and that when they are married they are content to give up the careers for which they have fitted themselves, but this is very seldom true. The woman who has had any public success has tasted blood and she hankers for it the balance of her life, and no matter how good and kind her husband is to her she is nearly always restless and dissatisfied and longing to go back to her old life. Especially is this true of women on the stage. Many of them are lovely and charming and of great generosity and sweetness of character, but they are a risky matrimonial proposition. DOROTHY DIX.



Jeanette Loff, charming Pathé star, says: "No matter what climate my pictures take me to, or how hard the water, I have found that Lux Toilet Soap keeps my skin enviably smooth."

"I am utterly enthusiastic about Lux Toilet Soap," says pretty Mary Nolan, Universal star. "Even the most expensive French soaps have not kept my skin so beautifully smooth."

REALLY exquisite skin does win hearts—Hollywood knows how surely it wins them!

"If a girl wants popularity she must have a lovely smooth skin," says William K. Howard, Pathé director. "Without rare beauty of skin a screen star can never hope to win her public, no matter what else she may have."

Nine out of ten screen stars use Lux Toilet Soap. You have only to look at Jeannette Loff's skin, or Mary Nolan's, or

Lever Brothers Limited, Toronto.

9 out of 10 screen stars use it to keep their skin soft and smooth



Nancy Carroll's, to see how exquisite this delicately fragrant white soap keeps the skin. Small wonder that every one of the great film studios has made Lux Toilet Soap the official soap in all dressing rooms! You'll love it yourself — its generous lather is so caressing, and leaves your skin so velvety. Use it in your bath, too—and for the shampoo, as the screen stars do.

LUX Toilet Soap 10¢

Luxury such as you have found only in French soaps at 50c and \$1.00 the cake—now

The Poet's Corner

DANCE This is that man who thought it well Alone to tread the gulfs of Hell. Who looked on naked sin beneath The mask of life, and called it death.

Nor lost he there his latest breath. Nor all the pity he had shed; But it was heaped on him, and led Him outward from the cavern's teeth.

And that great utterance he said Liveth, and he who saw the dead Cannot taste death; for Death's hand shook To feel the burden of his Book. —Maurice Hewlett

Etiquette

When may a girl... gift? A. On his birthday, Christmas and when he is sick, it is nice to send him a book or flowers. Q. When at a restaurant should the man or the woman be entertaining give the order first. A. The woman should give her order first. Q. How may one overcome timidity? A. One must develop faith in himself, force thoughts of inferiority out of his mind, most not be afraid of people, and must join in conversation without hesitancy.

Character Close-Ups

A BABY WITH BIG BLACK EYES WILL BE MORE TRACTABLE THAN HIS BLOND BROTHERS.



to fill in size of pattern. Address Pattern Department. Our Fashion Magazine is 15 cents, but you may order a pattern and a Fashion Magazine together for 25 cents.

No. 3268. Size Street Address Name City State

Milady Beautiful

By Lois Leeds



TONING FLABBY SKIN

As the years begin to mount, many a woman is dismayed to see how the muscles of her chin and cheeks are beginning to sag. Cheeks that were firm and lovely in contour droop downward in rather loose folds, giving an old, haggard look to what was once a lovely countenance. The smooth, firm chinline also gradually disappears, leaving a baggy chin which is the horror of every woman who would look her best.

Well, what shall we do about it—merely try to accept it as gracefully as possible, realizing that one cannot remain young always? To a certain extent, perhaps, but every one knows of women far along in years who have somehow managed to retain cheeks and chin which are youthful, in contour. Instead of accepting that which is undesirable, it is far better to put forth a real effort to better conditions.

The first step in avoiding or getting rid of the downward sag in cheeks is an internal one. Any local treatment to pure waste of time unless one first of all takes the right mental attitude toward life in general. She who persists in worrying and being pessimistic toward things as they are cannot avoid a drooping countenance no matter how much time and money she may spend on local treatments. It cannot be emphasized too often that the beauty of maturity must come first of all from a beautiful mind and spirit. Time is sure to leave on one's face lines which all point upward, showing happiness and serenity, or the opposite—lines which droop and indicate too plainly that a gloomy spirit is back of them.

After making sure that the mental attitude is what it should be, it is time for creams, astringents and correct facial treatments. These used

regularly can do wonders. A daily facial treatment for the woman whose facial muscles are beginning to sag should include a gentle massage along three lines, first, upward from under the angle of the jaw to the temples second, from the corner of the mouth obliquely upward to a point about the ear below the hairline, and third, from the nostril up around the outer corner of the eye to the forehead.

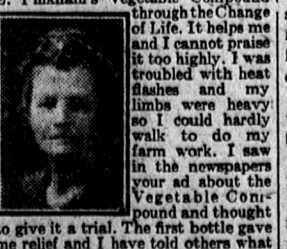
When the skin is dry and beginning to sag and wrinkle it should not be washed with soap and water so often. In giving the daily facial massage outlined above, first cleanse the face with cleansing cream; removing the cream and steam the face lightly with a warm towel and then apply the tissue cream or skin food with the massage movements described. After the treatment wipe off the excess cream and pat on an astringent, which should be allowed to dry on the skin. Finish the make-up by using a good powder and just a faint touch of rouge if necessary.

Finally, no woman who is at all interested in maintaining her health and beauty should fail to take from ten to fifteen minutes exercise every morning and relaxing and stretching exercises at bedtime. How to relax thoroughly is a lesson every beauty seeker must learn, for without some absolute relaxation every day the muscles of the face are pretty sure to take on a tense and unattractive appearance.

Tomorrow — Beauty Questions Answered.

FARMER'S WIFE GETS STRENGTH

By Taking Lydia E. Pinkham's Vegetable Compound



Wilton, Ont.—"I am taking Lydia E. Pinkham's Vegetable Compound through the Change of Life. It helps me and I cannot praise it too highly. I was troubled with heat flashes and my limbs were heavy so I could hardly walk to do my farm work. I saw in the newspapers your ad about the Vegetable Compound and thought to give it a trial. The first bottle gave me relief and I have told others what it does for me. I am willing for you to use my letter if you choose." Mrs. D. B. PETERS, Wilton, Ontario. Ask Your Neighbor

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Anabelle Worthington



other interesting selection that is so entirely becoming and sportive. Navy blue crepe de chine is a little more dressy, yet conservative for general occasions. Black crepe satin, plum fallie silk crepe, brown and beige check tweed, knitted woolen in horizontal stripes in yellow, white and brown and bottle green canton crepe attractive selections. Pattern price 15 cents. Be sure

to fill in size of pattern. Address Pattern Department. Our Fashion Magazine is 15 cents, but you may order a pattern and a Fashion Magazine together for 25 cents.

Only the Best will do



The women of the Maritime Provinces who bake their own bread demand the highest quality of flour the world produces—the highest quality of flour that can be milled from the best Manitoba hard wheat. Is it then surprising that among the women of the Maritime Provinces who bake their own bread, there should today be such a widespread preference for

REGAL FLOUR

Hunter's green wool jersey is an