

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

Must Grandmother Regain Lost Youth? **Dorothy Dix** Prefers Character Lines of Age

The Grandmother Who Throws Away Her Appearance of Age in Order to Look Like Seventeen Discards Her Greatest Charm; Her Face Holds Interest as it Records Varied Experiences of Life

Not long ago I went to hear a famous beauty culturist deliver a lecture specifically addressed to grandmothers, in which she held out the alluring prospect to them that if they did thus and so as she directed and used her creams and lotions, they would still be flappers at 70 and as slim and beautiful as they were at 17.

The treatment, plus the creams and lotions, she insisted in doing without everything on which they wanted to eat and spending hours in laborious and boring exercises and walking their poor feet off and being Sister Annie forever on the housetop looking for a sagging muscle or an embryonic wrinkle, which seemed to me a poor occupation for one's declining years. But let that pass.



What struck me, as I listened to the sibil spinning her glamorous prophecies, was why any woman of 70 wanted to look like 17. As well might some priceless antique carved by patient hands centuries ago and with the patina of time upon it envy some brand-new shiny varnished piece of furniture just out of the factory. The thing that makes the one beautiful and valuable is just that it is old, that it has known so much and seen so much, that so many things have happened to it and that about it cluster so many memories and dreams and romances, while the other is nothing but just new.

So for an old woman to throw away her age would be for her to cast aside her greatest charm. Her very years adds to her fascination. She is interesting because she has lived so long and because she has been through the great experiences of life. She has known youth and love and marriage and birth and death. She has laughed and wept and struggled and striven and succeeded, and failed. She has touched the lives of hundreds of other men and women and heard their heart stories, and out of it all she has woven some sort of philosophy that makes her not only a more interesting companion, but more satisfying to look upon than when she was a debutante.

But there is character in her face, not just the inane prettiness of the living picture with nothing behind it but the beauty of fresh coloring and symmetrical drawing and of which you tire because it has nothing to give you but prettiness. The old woman is a portrait with a story in every line that has been etched in by the acid of experience and that pliques the curiosity of the dullest and keeps us wondering about her. What dauntlessness of spirit must have given that proud poise to the head that neither sorrow nor years have been able to bend! What put those little laughter wrinkles at the corner of the eyes—gayety that laughed with a happy life or laugh that mocked the tragedies of life. What sorrow put that smile sadder than any tears upon those lips? How many baby heads must have been pillowed upon the softness of that breast!

So we wonder, looking upon the old woman's storied face, but what a blank it would be if she could achieve her heart's desire and look like a flapper at 70. Who would want a grandmother who was an understudy of the girl friend, who jumped around like a monkey on a stick to show how nimble she was and who was afraid to mention anything that happened later than last week last it date her.

Fortunately, the rosy hopes that are held out to women that they can buy the fountain of perpetual youth in bottles and jars or discover it by faithfully doing their daily dozen or lose their years in a spinach patch never materialize. Youth is youth and age is age, and no amount of face lifting or boiling and baking and stewing and dyeing can turn back the hands of the clock and change mature mutton into spring lamb again.

But the pity of it is that women can't accept age as men do as just one of the facts of nature that one may regret but cannot alter and so get pleasure and peace out of the last lap of the journey, instead of spending it in a frantic and futile effort to retrace a road that is barred to them and through whose gates they cannot possibly break. How pathetic that they should sacrifice all the peace and comfort and ease that might be theirs in a vain attempt to achieve the impossible, for after all of the ice packs and the steaming and the cold creaming and the twisting and the torturing of the old bones the elderly woman is still the elderly woman and nothing else but and has deceived no one as to her age except herself.

One could weep tears of blood out of sympathy for the millions of famished women who gird their hunger belts a little tighter and pass by the mayonnaise and the whipped cream that their souls crave in a heroic effort to get and keep a boyish figure when they might far better be fat and comfortable, and would actually look better looking their age.

For there is one glory of the sun and another glory of the moon, and not less attractive than youth is age that does not age youth, but accepts the years with what they bring graciously instead of fighting against them, and that sits serene in the twilight musing on the folly of those who try to manufacture a synthetic youth, instead of enjoying the perquisites of age, which are many and great.

DOROTHY DIX.

STILL LOVELY AFTER THE "LAST DANCE"



How you thrilled in the certainty of your lasting loveliness—heightened by the clinging, velvet texture of Pompeian Beauty Powder.

As his eyes caressed you, how thrilling to know that a touch of Pompeian Rouge had kept for you the girlish flush he loved. Be sure always! Use Pompeian. You may pay more for beauty preparations but you cannot buy better than the NEW

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LONDON-PARIS NEW YORK-TORONTO

Summer Chapeaux Have Bewitching Tilt to the Brim



(1) A stitched hat of deep cream silk with matching scarf. (2) This attractive frock shows the new tendency to have bodice and skirt of different material. Note the drop shoulders and upward drape of the blouse. The hat, too, is a chic model. (3) A smart tipped sailor of braided straw trimmed with sample ribbon band.

FAREWELL GATHERING

The Cavendish W. M. S. met at the home of Mrs. Fred Clark, Tuesday June 14th with a large attendance. After devotional exercises led by the President Mrs. Wesley Smith a very interesting report from the Maritime Conference Branch was given by Mrs. Bishop. As this was the last meeting at which Mrs. Bishop would be present the members took this opportunity to express their appreciation. Mrs. R. A. Mackenzie presented her with an oven proof baking dish with silver stand and Mrs. A. O. MacNeill read the following address.

Dear Mrs. Bishop:— We the members of Cavendish W. M. S. have heard with the deepest regret of your forthcoming departure from us and we feel that we cannot allow you to go without attempting to express in words some small part at least, of our sorrow and affection for you and our sorrow over the breaking of the ties, which have existed between us for four years. During those years you have been to us a friend, a leader, and an inspiration.

We are deeply conscious of your gracious personality, your womanly kindness and tact and your christian devotion to duty.

All these we shall greatly miss in our society, and in our personal lives, we feel that we shall miss a sympathetic and understanding friend.

We ask you to accept the accompanying gift, in token of our love for you and our appreciation of your work among us.

Our best wishes and our prayers will go with you and Mr. Bishop to your new field of labor.

We look forward to many pleasant reunions in this life and to the one everlasting reunion in a world where no farewell will ever be spoken. "Dear Friend and Counselor good bye." The Lord bless and keep thee, the Lord be gracious unto thee the Lord lift up thy countenance upon thee and give thee peace.

Signed on behalf of Cavendish W. M. S.

MRS. WESLEY SMITH, President.

Pre-Freshments or the Food That Comes Before

(By BARBARA E. BROOKS)

The hostess who participates in her own party worrying about refreshments with which to climax her hospitality will appreciate these suggestions for food that comes before.

There is no reason why we should play an afternoon or an evening of bridge and then eat. Why not eat and then play bridge? It is much easier on the hostess and digestion in general. We were not made to digest food in the middle of the night or the middle of the afternoon. A luncheon or a seven-thirty supper followed by cards is much more sensible. There are many people who are trying this procedure of entertaining and like it better than the old way.

One hostess served an attractive supper (to be followed by bridge) of chicken salad garnished with lettuce cups and watercress, asparagus tips on toast, buttered bran refrigerator rolls, red raspberry short-cake and caffeine-free coffee. The chicken salad was well seasoned and cold, having been kept in the refrigerator until the last minute. The asparagus tips were green and tender and served on toast with a rich butter sauce. The rolls had been made in the refrigerator the day before and an hour before serving time were placed in pans and allowed to rise. They emerged from the oven brown and hot just at the right time.

As covers for these suppers are usually laid on individual card tables, the food must be planned so that it can be served with the minimum of dishes. A plate, cup and saucer, a dessert plate and a beverage glass are about all of the dishes that one card table can accommodate for four people.

There are many different combinations of food which would serve well for such a supper. For instance,—

- Sliced Cold Tongue
- Baked Tomatoes Hollandaise
- Cucumber and Celery Salad
- Hot Bran Muffins
- Butter Cheese Pie
- Caffeine-free Coffee
- Lobster a la Newburg
- Potato Chips
- Stuffed Olives
- Spiced Crabapples
- Hot Rolls
- Butter

Try Lydia E. Pinkham's Vegetable Compound



Had had dizzy spells

Afraid to leave house... feared awful dizziness would make her feel over. She needs Lydia E. Pinkham's Vegetable Compound in tablet form.

For The Cook

MINT JELLY

Cut in eighths one peck of apples and put in kettle with two quarts of cold water. Cover, bring to boiling point and simmer until apples are soft. Drain through jelly bag and measure. Bring juice again to boil and boil twenty minutes. And three-fourths cupful of heated sugar to each cupful juice, stir, and boil five minutes. Wash and steep a bunch of fresh mint. Steep in boiling syrup until desired flavor is obtained. Add two table-spoonfuls lemon juice and color with green vegetable coloring. Skim and pour into glasses.

oroughly. Press into the bottom of spring form mold or a pie pan with slanting sides.

For Catarrh—It is one of the chief recommendations of Dr. Thomas' Electric Oil that it can be used internally with as much success as it can outwardly. Sufferers from catarrh will find that the Oil when used according to directions will give prompt relief. Many sufferers from this ailment have found relief in the Oil and have sent testimonials.

- Burnt-Sugar Cake
- Caffeine-free Coffee
- Ham Croquettes
- Pepper Sauce
- Red Cabbage Slaw
- Hot Biscuits
- Butter
- Gingerbread with Whipped Cream
- If we were to look in an ultra-modern dictionary, we would probably find that the words "Bridge Luncheon" are of feminine gender. At least they should be, for where is there a man who ever to himself has said, "I wish I could go to that bridge luncheon." Afternoon bridge does not seem to be a part of masculine routine. Therefore, in planning food for these occasions we can have just as many frills and fancies as we want and can skillfully manipulate.
- Honeydew Cocktail
- Celery stuffed with Roquefort
- Cheese
- Chicken Mousse
- New Potatoes and Peas
- Endive Salad
- French Dressing
- Hot Rolls
- Butter
- Fresh Strawberry Ice
- Macaroons
- Coffee
- Tomato Juice
- Crab Canapes
- Broiled Lamb Chops and Bacon
- New Lima Beans
- Stuffed Pear Salad
- Popovers
- Butter
- Chocolate Angel Food
- Coffee

CHEESE PIE

- 1-4 cup butter.
- 3-4 cup sugar
- 5 egg yolks (beaten well)
- 2 teaspoons lemon juice.
- 1 teaspoon lemon rind.
- 1 pound cottage cheese.
- 2 tablespoons cornstarch.
- 1-2 cup cream
- 5 egg whites.

Cream the butter and add the sugar. When thoroughly mixed, add the egg yolks, lemon juice and rind. Beat thoroughly. Put the cottage cheese through a colander or ricer several times until very fine. Add the cornstarch and cream. Combine with the first mixture. Fold in beaten egg whites. Press corn flake pastry in the bottom of a spring form mold. Pour in the cake mixture. Bake in moderate oven (350°F.) until firm (about one hour).

Before baking, top may be sprinkled with finely grated almonds, sugar and cinnamon.

Lemon juice and lemon rind may be omitted and one teaspoon of vanilla extract used.

CORN FLAKE PASTRY

- 1 cup corn flake crumbs
- 2 tablespoons butter.
- 2 tablespoons sugar.

Put the corn flakes (4 cupfuls) through a food grinder using the fine cutter, then sift the crumbs. Measure crumbs after sifting. Cream the butter with the sugar and add the crumbs, kneading thor-

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



pale pink, pale blue binds are delightfully effective—and practical, too.

Pink batiste with blue binds, a pretty voile in small flowery pattern and dimity print are lovely and cool for summery wear.

Style No. 443 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust. Size 16 requires 1 1/4 yards of 39-inch material with 2 1/4 yards of lace band.

Be sure to fill in the size of the pattern.

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

No. 443. Size

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Smartness and slimness begins with the undies.

And isn't today's little French pantie set just dear?

Note how the panties hug the hips through the pointed yoke. The legs are shaped, falling with a flat graceful fulness. The brassiere has the important V neckline. It is darts fitted.

It requires such a small amount of material to make these darling undies. Excellent quality remnants can be bought now for a mere trifle.

For the trim, if you like, you can use bias binds. For instance on

A Morning Smile

HARMONY IN HEAVEN

An inquisitive old lady was always asking her minister questions. One day the persistent lady asked: "Mr. Blank, can you tell me the difference between a cherubim and a seraphim?"

The minister thought deeply for a minute and then replied: "Well, they had a difference, madam, but they have made it up."

2 REASONS WHY SHE WON FIRST PRIZE

MRS. G. CREROR, Vernon, Ont., writes, "Certo retains the colour and flavour of the fruit—two reasons why I got First Prize at the Ottawa Exhibition—and I have a larger quantity, from the same amount of fruit."

These are good reasons why you, too, should use Certo in all jam and jelly making.

Easy, Modern Method

Certo—the "short-boil" way—requires only a few minutes' boiling. Follow directions carefully for a perfect set. No more failures. No more waste. 50% more jam or jelly from a given amount of fruit. Use Certo with any fruit—fresh, canned, dried—or fruit juice. How pleased you'll be with results!

There's a Certo recipe booklet under the label of every Certo bottle. Each of these famous recipes is home-tested. Shows how to use any fruit with sure success if you follow directions exactly, including fruits that never before would jelly.

Don't be perplexed by any problem of jam or jelly making. Should you desire any information whatsoever, write to the Consumer Service Department, General Foods, Ltd., Cobourg, Ontario.



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—Makes 50% more jam or jelly at less cost per jar.

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