

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

## What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern  
By Annabelle Worthington



No. 864—Puffed Sleeves. This style is designed in sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust measure. Size 16 requires 4 yards of 39-inch material.

No. 215—House Frock. This style is designed in sizes 36, 38, 40, 42, 44 and 46 inches bust measure. Size 36 requires 3 yards of 39-inch material.

No. 505—Bloomer Dress. This style is designed in sizes 2, 4 and 6 years. Size 4 requires 2 1/2 yards of 39-inch material with 1/4 yard of 35-inch contrasting.

No. 590—Empire Style. This style is designed in sizes 4, 6, 8 and 10 years. Size 8 requires 2 yards of 39-inch material with 1/4 yard of 39-inch contrasting.

No. 899—Fascinating Model. This style is designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust measure. Size 16 requires 3 1/4 yards of 39-inch material with 1/4 yard of 39-inch contrasting.

## A Morning Smile

When Muriel secured a temporary situation at a seaside town all her fair friends envied her. After a month she came back, looking tanned, but not pleased.

"Hello, Muriel!" cried someone on her return home. "Did you enjoy yourself? How many nice boys did you see?"

"One!" snapped Muriel.

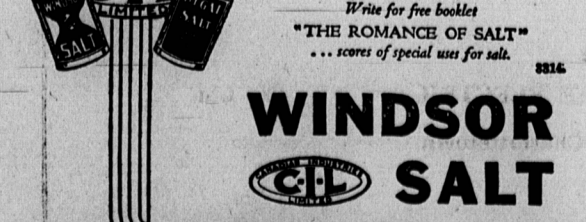
"Only one?" echoed her friend, amazed.

"Yes!" growled Muriel, "and that was two miles out at sea, with a bell and a lamp on it!"



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## Dorothy Dix Finds Her Side as Sad as Husband's

### Pity Rip Van Winkle for His Nagging Wife? Rather Pity His Wife, Says One Reader, Who Was Forced Into Becoming a Scold in Her Efforts to Put Pep and Brains Into Her Spineless Spouse

I have an amusing letter from a witty woman who justifies nagging on the ground that it produces results wherever it is humanly possible to get them. Also, she avers that in most households the nagger is the backbone of the family and so entitled to respect and admiration instead of being held up to obloquy.

Take, for instance, she says, the case history of the Rip Van Winkles with which we are all so familiar. For years and years poor Rip has been wept over and sympathized with because his nagging wife tormented the life out of him until he finally ran away from home to get away from her never-ending prohibition lectures and her insistence that he should get a job instead of being a charter member of the Sons of Rest.

But, it is to be noted, it was Mrs. Rip who, during all the time that her husband was indulging in his twenty-year nap, kept the home together, supported her children and married her daughter off well to a prosperous man so that when Rip got back, old and feeble and tottery, he had somebody to take care of him and a pleasant place in which to spend his last days.

The moral of which is if you have any tears to shed, bedew you with them the wife whose husband's shortcomings force her into becoming a nagger and to be forever prodding him along the road that he should have strength and manhood enough to walk of his own volition.

Pity the woman who is married to a man who is, as they used to sing in the old Gilbert and Sullivan opera, a very imperfect ablutometer, who has a phobia about water and who has to be almost dragged to the bathtub and have his soiled linen taken from him by main force.

Pity the woman married to a lazy man who has talent and ability, but who is so inert that he will not use them, and whose wife has to exhaust her own energy and pep in getting him off to work every morning. Pity the woman with a husband who has holes in his pockets and who has to see him waste on treating bums and deadbeats the money that is needed to buy shoes and stockings for the baby and have little Johnny's teeth straightened. Pity the woman who has to remind her husband a million times about mending the screen, or writing to his mother, or getting his hair cut, or a new hat, or any of the other innumerable things that many men never do unless they are scourged into doing them by a woman's tongue.

Of course, this view of the nagger as a martyr is a new one. We have been so long in the habit of looking upon the gentleman being roasted upon the gridiron as the victim that we have quite overlooked the lady's sufferings. Yet undoubtedly she has her grievance, too, with which we may well sympathize, for it is not to be denied that men are all too prone to make their wives' nagging a blanket excuse under which they hide their shortcomings.

Positively there are wives who hardly dare speak to their husbands for fear they will be accused of nagging. If the wife reminds her husband of something he has forgotten, he considers it nagging. If she asks for the money again that he didn't give her in the first place, it's nagging. If she suggests going out at night, it's nagging. If she even pipes about the way he hangs up his hat on the floor and leaves his coat on the couch and scatters cigarette butts all over the place, it's nagging.

So what is the poor woman to do who has to live with a man who will never put on a clean collar unless he is made to; who would sleep until noon every day unless he had a wife who understudies the alarm clock; who would sit down on the do-nothing-stool and never accomplish anything if his wife didn't put tacks on it; who would never have a cent if his wife didn't take his pay envelope away from him and start a savings account? If she accepts her husband's weaknesses and makes no effort to brace him up, they are sunk as a family. If she harps on his faults until she forces him to abandon them for the sake of peace, she is a nagger. So there you are, and any woman can pay her money and take her choice.

To tell a man once of some weakness that he has and it go at that, as all wives know, as futile as throwing water on a duck's back. Her suggestion rolls harmlessly off without even dampening a feather in his self-complacency. It is only by subjecting him to a steady drip, drop, dropping of the same objections that last during the forty years' rain of matrimony that wets him down in the end. And even then it doesn't always work, for there are some men who simply laugh off their wives' nagging, and others whom it just sets in their ways, as a mordant sets a dye.

So wives' nagging is not purer cussedness, nor is it their favorite indoor pastime as husbands seem to think. It is just as often their effort to help their husbands to succeed and to make something of their lives, and to furnish their husbands with the grit and the brains that they lack and it is a heartbreaking experience that wears many a woman into the grave.

And the nagging woman has likewise this to her credit: A famous doctor recently made the assertion that a married man's health chiefly depended upon his wife's nagging, and that many a man's life is saved by his wife's nagging him about wearing his rubbers and muffling up his throat and going to the doctor and the dentist in time.

Thus the nagged husband lives longer than the unnagged. Or at any rate, it seems longer.

DOROTHY DIX.

## For The Cook

**REDBIRDS**

1 large sliced round steak cut thin.  
6 large prunes.  
6 stuffed olives.  
6 thin strips bacon.  
Salt to taste.  
1 teaspoon paprika.  
1 small can Italian tomato paste.  
2 tablespoons fat.

Cut the meat in six pieces. Remove stones from the prunes previously soaked two hours in water. Fill each with a stuffed olive, cover with a strip of bacon and wrap the meat around it. Tie with a string or secure with toothpicks. Brown the birds in the fat and place in a casserole. Season with the salt, add the paprika and the tomato paste dissolved in two cups

## of water, cover and let simmer until tender—1 1/2 to 2 hours. The sauce must be very red. Serve the birds on toast, cover with the sauce and garnish with spiced pickles. This will serve six persons.

Meat loaves themselves are capable of great variety. Some of the most tasty submitted are given below:

Try Lydia E. Pinkham's Vegetable Compound

**She's Up in the Air Again**

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**ALL THAT YOU ASK!**  
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**Barbour's JELLY POWDER**  
Nine Flavors

## A Plain Meal Is Appetizing

Little dainty dishes so often make an otherwise plain meal a feast that we are always tempted to give our Table Talk readers receipts which will do for the meal what the cleverly-designed gown does for the maiden who is making her court bow. These are all simple recipes, but unusual and so distinctive.

### Grape Juice Trifle

Plain cake  
Grape juice  
1 quart milk.  
4 eggs  
5 tablespoons flour.  
3 tablespoons sugar  
1/4 teaspoon salt  
2 cups cream, whipped  
1 1/2 teaspoons vanilla  
4 tablespoons sugar

Place cake in serving dish, using about 12 slices or the equivalent, broken in pieces.

Pour grape juice over it until the cake will absorb no more; let stand 10 minutes. In the meantime, make custard as follows: Scald milk, beat eggs slightly and add sugar, flour and salt mixed together. Pour scalded milk over egg mixture, stirring well, and return to double boiler; continue to cook until custard thickens smoothly; cool slightly and pour over cake in serving dish.

When custard has cooled, cover with whipped cream to which vanilla and sugar have been added. Chill thoroughly.

### Lettuce Rolls

1 cup cottage cheese.  
1/2 cup mayonnaise.  
Salt  
Lettuce  
Pimento

Mix the cottage cheese with mayonnaise and season with salt. Spread on good-sized lettuce leaves and roll each leaf as you would a jelly roll. Secure in place with a ring of pimento. Serve rolls on shredded lettuce.

### Cheese Delights

1 cups grated or soft cheese  
1 tablespoon butter.  
1 well-beaten egg  
1-2 teaspoon mustard  
Salt and pepper

Mix to a paste and spread on neat rounds or squares of bread, heaping up a little in centre as they spread when heated. Top each slice with a thin slice of bacon and bake in hot oven for 8 to 10 minutes. Serve on a lettuce leaf with pickles or olives as a garnish.

This paste may be used for sandwiches, omitting the mustard and bacon, and toasting the sandwiches in the toaster.

### BREADED BAKED CHICKEN

Take a chicken from six months to a year old, singe it, then cut it into serving pieces; wash carefully each piece. Next, in order to make the chicken more tasty and pleasing in appearance, each piece must be dipped in a thin batter and then in bread crumbs. The recipe following will make a good batter:

**Buttered Bread Crumbs**

1 1/4 cups dried bread crumbs, 2 tsp salt, dash of pepper, 1-3 cup butter.

Mix the bread crumbs, salt and pepper. Melt the butter in a sauce pan, then stir in the seasoned crumbs. Mix well.

**Transportation**

Suitor (in the late hours)—How can I leave you?  
Patient (poking his head round the door)—Bus No. 40, tram No. 7, or any taxicab.

## Children Need Plenty Of Sleep

When King Alfred the Great apportioned time he recommended that eight hours of each day be given for sleep; in other words, that one-third of the lifetime of the adult of the human race be spent in sleep that the body be sufficiently refreshed to meet the emergencies of the remaining two-thirds of life, which he allotted to work and recreation. This for adults.

How, then, about the little children who have as yet acquired a small amount of body resistance? During the earliest weeks of life, a child should sleep from 21 to 22 hours each day—at one year, 16 hours—at six years, 12 hours, and at 18, nine hours.

But time is not the only factor to be considered in sleep. Not only how long, but how restful is sleep? When the child goes to bed, in what condition he is physically and nervously and many other things should be taken into account that children may sleep quietly and restfully. Children that are allowed to go to bed when they choose, or who are excited from the regular bedtime hour in the summer because of daylight saving time, can never be as sturdy as those who are accustomed to regular hours of sleep.

Sleep is the regular method by which Old Mother Nature makes the necessary body repairs. Normal children play hard, thus using up their energies. The food that they eat keeps up digestive activities to supply them with energy to play. When they sleep, all of these activities are lessened and their bodies have a chance to rest and grow.

The greatest amount of growth takes place during sleep, while the body is resting. The faster children grow, the more sleep they require. Children that are accustomed to regular hours of sleep, are nervous and apt to be fretful the next day, if, for any reason, those hours are interrupted the previous night.

All babies should be put to bed at 6 o'clock—and left there. The older little children until of school age, should be in bed no later than 7 o'clock—and left there. If this is done, there will be peace and quiet in the house and, incidentally, sturdier children.

## Beauty Lies In Supple Hands

Some evening when you want to be more enchanting than usual, try the new silver and gold nail polish.

Especially if you have platinum blonde hair, the platinum polish on your nails seems highly appropriate. Also if you are using the metallic eye shadow, metallic finger nails finish you up with a shine.

The way you use this best is to give just the tips of your nails this added gleam. First they are manicured as you usually have them, perhaps leaving them just a little longer than you had them this winter. Then you use the platinum polish to touch up the tips of the nails, the part that is white at the top of the finger.

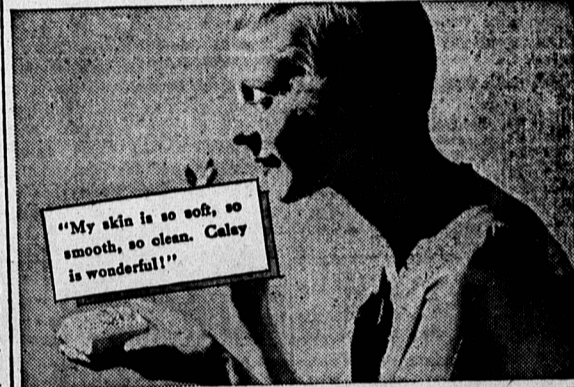
You can have the polish renewed without having another manicure, or you can take it off without too much damage to your hands. It is just a little something extra. But it should be reserved for evening. There is something disfiguring in wearing such an obvious "extra" during the daytime. Just a little bit like wearing an evening dress to the office.

If you are feeling the depression and don't feel equal to having your usual weekly manicure, save your pennies and get at least one a

## You're in a Beauty Contest that never, never stops!



"The moment I laid eyes on you, Helen, I knew it was all up with me!"



"My skin is so soft, so smooth, so clean. Calay is wonderful!"

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Don't take chances with "just any soap!" The soap you choose is so important to the loveliness of your skin. Calay, the Soap of Beautiful Women, is a mild creamy-white soap. It's free from coloring matter—and free from the "chalkiness" that dries out your skin. 73 skin doctors praise Calay as being gentle enough, safe enough, for your skin! A minute with Calay's luxurious lather and warm water—then a quick, cold rinse—and your skin is radiantly clean, ready for any Beauty Contest that the day may bring. Start your use of Calay today.

## MADE IN CANADA CALAY the Soap of Beautiful Women



In the interim, manœuvre your own hands. It may be awkward at first, but with practice you can even make that left hand of yours do yeoman service.

Red nail polish is still worn by some women, but a more restrained tint is considered better; taste this spring.

There are a few little tricks that you may know, but just in case you don't:

1. Every time you wash your hands, push back the cuticle on every single finger. This makes

perfect half-moons in time on most hands.

2. For as little as ten cents you now can buy a finger nail pencil which keeps the finger tips white underneath. Dip the point in water and run it around under each nail.

### Diagnosis

Potato-juice is now used as a means of detecting the early stages of whooping-cough. It is, however, of no assistance in diagnosing the premonitory symptoms of whoopee.

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