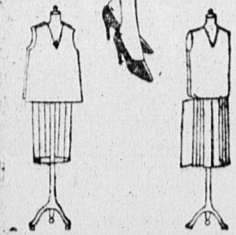


# Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

## A Fashion Hint



493



SIMULATES TUCK-IN TYPE

A simple silk crepe in smart Prince of Wales blue that shows new higher waistline with flat belt buttoned at

## Etiquette

By Roberta Lee

Q. When the dessert plates are brought in should they be placed on another plate?

A. No, they are merely placed on the tablecloth.

Q. At which side of a person are dishes presented and from which side are they removed?

A. They are always presented at the left of the person served, but if more convenient, they are removed at the right.

Q. What should promptly be sent, when receiving an announcement of a birth?

A. A note of congratulation and felicitation.

front to affect fashionable truck-in type. The neckline is quite unique in V-shaped with collar rolled in revers with front and crossed, and finished with trimming piece of silk crepe in matching tone dotted with white. The attached skirt has plaits at each side of front with box-plaits at each side of center. Style No. 493 can be had in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust and is made with 3 3/4 yards of 40-inch material, in the 36-inch size. Printed silk crepe, georgette crepe, printed rajah, wool jersey in pastel shade, sheer tweed in tiny checked pattern, checked gingham, printed pique and printed cotton foulard are suitable fabrics to select. Pattern price 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

We suggest that when you send for this pattern, you enclose 10 cents additional for a copy of our Spring samples, and cute designs for the delightful styles, including smart en-kiddies.

## Milady Beautiful

By Lois Leeds



### BUILD BEAUTY EARLY IN LIFE

Sometimes I receive letters from girls of 12 or thereabouts who want to know whether they are too young to be thinking of improving their personal appearance. Their elders try to discourage them from being interested in beauty problems for fear that the youngsters will become too vain. There are some beauty problems, however, that must be solved in childhood or early youth if solved at all. Thoughtful parents can save their children untold mental agony by having such defects as bow-legs, hare-lip and crooked teeth corrected before it is too late. When the child herself begins to notice her deficiencies, the best time for correcting them may have passed.

In recent years a growing emphasis has been put upon a correction of dental irregularities. Aside from the esthetic aspects of the question, it is being realized that badly formed sets of teeth are handicapped in their action and through their failure to function properly may cause ill-health.

Dental science has developed ways to correct teeth that protrude too much, are crooked or too crowded. A dentist told me recently that sometimes irregularities in the second or permanent teeth are due to their being crowded by the first teeth that have remained in too long. For this reason it is important to have a child's first teeth examined by a dentist as they are being replaced by the second set.

What heart-aches are caused by bow-legs! If treated early enough this beauty problem can be corrected, but after the bones become hardened only the most drastic measures will straighten the limbs. It was about a year ago, I think, that the country was shocked to read of a girl who wanted straight legs so much that she submitted to a surgical operation. Then her legs became infected and had to be cut off. How much better it would have been if the girl's parents had had the limbs straightened without an operation while she was a child!

Another beauty problem that should be solved early in life is hare-lip. Thick, shapeless lips are sometimes due to the habit of mouth-breathing, which in turn may be caused by obstructions in the nasal passages. Minor operations can correct these troubles so that the beauty of the lips may not be destroyed.

When a child walks awkwardly with its feet turned out, something is the matter with the feet. Flat-feet is fairly common among children as well as adults and the sooner it is discovered and corrected, the better. A girl who has flat-foot is ungraceful in all her movements, because the foundations upon which her weight rests her feet are faulty. She tends to neglect all athletic sports and may develop an inferiority complex on account of her awkwardness. Her mother should see to it that the condition is corrected by the use of suitable shoes and foot exercises.

Tomorrow - Beauty Questions Answered.

## CATARRH In the Nostrils Nasal Discharge Sore Throat Pain over the Eyes Relieved by Catarrhazone

TEN MINUTES RELIEF! "I found it impossible to sleep, so bad was my catarrh. Nose and throat were plugged up with offensive discharges. I had a bad cough, sneezed continually and had headaches. I was soon rid of my trouble when I used Catarrhazone. To-day I am well!" Daniel Smith, Hackett's P. O. Get Catarrhazone from your druggist to-day—it's needed in every home. Two months' treatment \$1.00; smaller size 50c. Catarrhazone is guaranteed.

## Dorothy Dix Letter Box

### Better to Eat Humble Pie Than Not to Eat At All—How to Acquire a Girl Friend—When the Woman is the Elder, is it Wise to Risk Matrimony?

Dear Miss Dix—I left my husband five months ago. It was the fourth time I had done so, and for no other reason except just a foolish argument. Each time I just put on my hat and walked out and went to some of my relatives. My husband is a good man who gives me all of his salary. He loves me and is willing to take me back, but I am ashamed to return to that neighborhood and ashamed to let my people know I want to go back to him, because in order to justify myself I have lied about the way my husband treated me. Now I am with a brother, but he will not be willing to support me and my 8-year-old son much longer, and I am untrained and have no way to make a living for us. Just what would you do? J. MC Q.



Well, Mrs. Mac Q., my earnest advice to you is to go back to your husband and eat humble pie while there is still a chance to do it and henceforward to try to conduct yourself like an intelligent, grown-up woman instead of a petulant, spoiled baby.

Doubtless you think you make a fine gesture of independence when you slam the door behind you and walk out on your husband whenever you have a disagreement with him, but in reality you only proclaim yourself a quitter and show how little appreciation you have of the binding nature of a contract and the seriousness of the obligations of a wife and mother.

According to your own showing you have not really tried to make a go of your marriage. You not only have not attempted to keep your home together, you have never controlled your temper. On the contrary, as soon as you encountered the slightest difficulty and you couldn't have your own way in everything, even to the last say in an argument, you scrapped all the vows you took at the altar and run away from such a minor unpleasantness as a family spat.

A pretty poor sport you are. Doesn't it make you feel ashamed of yourself when you look about you and see the women who have had the courage and the steadfastness to endure marriages that were earthly purgatories for the sake of their children and because their own self-respect would not permit them to force other people to pay for the mistake they made in marriage?

I often wonder that the ladies who rush so gayly and with so little provocation to the divorce courts never stop to consider how unfair they are to their unfortunate families. For when Mary decides that she has lost her taste for her husband or becomes green-eyed over her husband's having a pretty stenographer and picks up her children and goes back home, it is her relatives who have to pay the bill for her matrimonial grievances.

She and her children have to be supported, and it comes pretty hard on those who have about all they can do to take care of themselves in these times of the high cost of living. All of us know fathers and mothers whose old age is deprived of every comfort and made hard and poverty-stricken because their pittance of an income has to be divided with a divorced daughter and her youngsters. All of us know brothers and sisters whose own families have been almost wrecked by having a divorced sister and her brood foisted upon them.

So it seems only fair, before a woman leaves her husband, for her to consider whether she is able to support herself and her children or not, and if she is not whether she had better put up with a good deal of unpleasantness from her afflicted family. For, after all, it isn't their fault that she doesn't get along with her husband.

Think this over, Mrs. Mac Q. Realize how unwelcome you are at your brother's and in your other relatives' houses and perhaps it will make you decide that it is better to be mistress in your own house than a forced guest in somebody else's house. DOROTHY DIX.

Dear Miss Dix—Can you tell me what to do about my inability to make friends with girls? I am a law student, in fair financial circumstances, like a good time, am good enough looking, yet since all the maidens seem to avoid me it must be my fault. My loneliness has almost driven me to desperation. SYDNEY.

Girls often suffer from datelessness because they have to wait to be asked, but I can imagine no reason for a man not having a girl to step out with unless he is too lazy to hunt one up or too bashful to give on the high sign.

For the world is full of girls of every variety and description—tall ones and short ones, demure ones and bold ones, plump ones and slim ones, morons and highbrows, chatterboxes and Dumb Doras, brunettes and blondes, and they all have the come-hither-look in the eyes for any personable man, and they don't have to be shanghaied in order to get them to a dance or into a restaurant or to take a joyride.

A girl to be popular with boys has to be good-looking and well dressed and peppy and carry a winning line of folly and know how to dance, but girls aren't so particular about boys, and almost any youth can be a riot with them if he is fairly pleasing in personal appearance and neat and if he doesn't step on their feet when he dances and if he is willing to spend a little money on them.

Usually when a boy isn't popular with girls it is for one of three reasons. It may be because he is so conceited that he bores them to death talking about himself. Girls are pretty patient about that and will stand a lot of hearing about how great and wonderful a fellow thinks he is and what a marvelous car he has and how people tell him he looks just like Valentino and so on and so on. But after a while this monologuing about himself gets on a girl's nerves and she decides that having to listen to it for a couple of hours on a stretch is too high a price to pay for being taken to the movies.

The second thing that queers a boy with a girl is for him to patronize her and act as if he thought she should be down on her knees in gratitude to him for noticing her and condescending to take her out. Girls loathe this grandiose pose, and a little of it goes a long way with them. Also, it makes a girl mad through and through for a man always to be gibing at her sex and making her feel that he considers every woman a fool.

The third thing that makes a boy persona non grata with girls is for him to be a tightwad. This is the case with girls who are not gold-diggers either. It is just that all girls feel that a man should be willing to pay something for the pleasure of their company, and they just naturally despise the chap who shows up regularly around mealtime and eats mother's good cooking and then thinks it is so much pleasanter to sit in the parlor and listen to the radio than it is to go out and burn up a few gallons of gasoline or to go to the theatre.

So, Sydney, if you are not conceited or insolent or stingy, there is no reason for you to lack a sweetie. DOROTHY DIX.

Dear Miss Dix—In a case where a man and woman are both well educated, in comfortable circumstances, of the same class socially and of

## Society's Mecca

In the heart of the Empire, Yardley's Old English Lavender Soap has been looked to for charm by leaders of taste and fashion for more than a century and a half. And in the passing years this luxury soap has come to be sought by discerning women everywhere for its skin-enriching purity and its lingering lovable fragrance.

\$1 per box of 3 large cakes at all best druggists and department stores. Prices uniform throughout Canada.

## YARDLEY'S Old English LAVENDER SOAP

5, New Bond Street, London, England U.S.A.: 457, Fifth Avenue, New York

## BY PATHS OF NEWS

Poses as Man 47 Years France's "he woman has been found at Ampelsbach, Alsace, where for 47 years Mme. Wacker has worn men's clothes and has earned her living as a farm laborer. She is 58 years old, and drinks, smokes and chews tobacco. Her three children are all dead.

Penny-in-Slot Radios Now Radios in a London hotel may be used through a new penny-in-the-slot device. A receiving set and a meter is placed in each room. By dropping a coin in the meter the guest may listen in for five minutes. Quality of reception is controlled in the hotel office.

same religious belief, would you be inclined to encourage or discourage marriage if the woman was from five to eight years older than the man? Would the difference in the ages be a serious handicap to happiness in such a case? A.E.

think it a great mistake for a man to marry a woman who is as much as twelve or fifteen years older than he is, but under that age it does not matter, particularly in these days when women make a cult of youth and often look, and are in reality, ten years younger than their age.

I see no reason why the couple in the case you cite should not be most happy if they marry. DOROTHY DIX.

## Household Hints

By Roberta Lee

### Umbrellas

If the handle of the umbrella becomes loosened, fill the hole in the handle with powdered resin, heat the rod and then press firmly into the hole.

### When Sewing

A convenience in the sewing room is to cover a brick with padding for pinning any piece that must be held tightly while the work is in progress.

### Tough Steak

To make tough steak tender mix a small quantity of vinegar and olive oil thoroughly, rub it on both sides of the steak and allow it to stand for about two hours before cooking.

## A Morning Smile

An old Scottish doctor was a member of a golf club. No one knew his age and the old man made such a secret of it all the members were very curious. At last the good old soul died, and the club members deputed a fellow to attend the funeral, and warned him to be sure and read the plate on the coffin and note the age. The next day they gathered around him to hear his report. "Did you see the plate?" "Oh, yes." "What was the age?" "There wasn't any age. It just said 'Dr. Timothy McFarlane, Office Hours 9 to 11 a. m. and 2 to 4 p. m.'"

## For The Cook

### HAWAIIAN CHICKEN SALAD

Two cups cooked diced chicken, three-quarter cup crisp celery, diced, half cup canned pineapple, drained and diced, mayonnaise, lettuce, stuffed olives, two hard-cooked eggs. With a fork mix lightly together the chicken, celery and pineapple. Just before serving, add the egg-whites, cut in small pieces. Moisten with mayonnaise, and arrange on individual plates in beds of crisp lettuce. Top with mayonnaise, and slit the egg-yolks over the top. Garnish with olives.

## Why don't you eat your way to slimmness?

by Mary Blake



Are you one of those feminine persons who, over your French pastry and hot chocolate, sigh for a sylphlike figure?

Overweight usually comes from over-eating. Yet a radically restricted diet is dangerous, and difficult to maintain, because of our natural craving for a variety of foods.

The way to reduce is not by eliminating anything from the diet, but by cutting down the quantity of everything, making the sharpest cuts in concentrated foods, which are particularly fattening—sugar, cakes and candy, fats, cream, pie and such slender-wrecking delicacies. Eat lean meats. Use mineral oil in salad dressings. Mineral oil, not being assimilated, adds no calories to the diet.

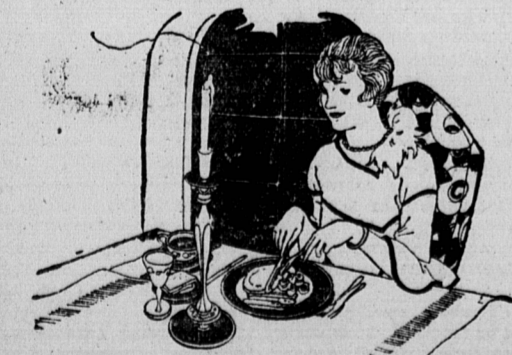
Your meals should consist largely of vegetables, fruits and milk. They supply important food values—and no diet is safe which ignores this necessity—but they are not fattening. Of these milk is the most important, because it supplies as no other single food does, everything needed for bodily health, growth and activity. You can include it in your diet in various ways. A cream soup gives you a comfortable feeling of having lunched well, supplying essential food values without imperiling your weight. Milk should be used in the preparation of simple desserts to replace rich pie and cake. Custards, blanc manges and other milk puddings are nourishing, and do not threaten increased poundage.

### Outwit your weakness for cream with this rich milk

For all these milk dishes, I suggest Carnation Milk, because by using it you can have the flavor of richness in your food without the lavish use of butter and cream. Let me explain why you get such an appetizing richness from the use of Carnation Milk. It is simply the purest of whole milk, evaporated to double richness and sterilized for safekeeping. It is also homogenized, which means that the cream content is broken up into minute particles which distribute themselves evenly through every drop of milk. Because every drop has its double share of enriching cream, everything cooked with Carnation has the creamy, rich flavor that you ordinarily get only with the generous use of butter and cream.

Another way to elude your whipped cream tastes is the use of whipped Carnation Milk as the foundation in bavaroijs, cream soups, charlottes and such dishes. In coffee, too, it gives you the creaminess without the extra calories. Actually Carnation gives more delicious results in cooking than even the best of bottled milk—smoother, creamier soups and sauces, more velvety ice creams, more delicate, finer-textured puddings and custards. More than that, it is convenient; completely dependable, never varying in quality, and extremely economical. Send for the Carnation Cook Book. It is free. Address Carnation Milk Products Co., Limited, Aylmer, Ont.

## Include It In Your Diet



Carnation Milk—pure whole milk evaporated to double richness—supplies the nourishment imperative to health, and by its uniformly distributed double cream content makes unnecessary the lavish use of cream and butter. Use it for all cooking.

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