

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

BEWARE OF DIETS WITHOUT BULK

Kellogg's ALL-BRAN Will Protect You

People are more careful than ever before about diet. They diet to clear complexions. They avoid certain foods to stay thin.

As a result, constipation gets in its deadly work. Headaches, listlessness, circled eyes are only the first symptoms.

Don't neglect your daily roughage. That is nature's rule. Kellogg's ALL-BRAN will supply it.

ALL-BRAN is guaranteed to relieve constipation—to prevent it. Two tablespoons daily—chronic cases, with every meal.



Etiquette

By Roberta Lee

Q. If a man is accompanying a lady to the theater, is it all right for him to go out between acts to smoke?

A. Yes, but he should confine his habit to just once if possible.

Q. Is it correct to say, "Permit me to assist you?"

A. It is grammatically correct, but "Let me help you" is preferable.

Q. What should one serve in the way of refreshments at a bridge party?

A. A hot dish or sandwiches.

A Morning Smile

The old lady was watching a football match.

"What is the object of this game, son?"

"Why, er, to put the little ball over the line."

"Well," said the old lady as she fished for a loafer. "I should think it would be much simpler if they kept out of each other's way."

For The Cook

RECIPES FOR ORANGES

Some foods, especially fruits, lend themselves to almost every type of cookery. The orange comes under this classification and appetizing dishes can be made at any time of the year from this fruit because it is always procurable.

Baked apple with orange. Six baking apples, seedless raisins, 1/4 cup orange juice, 2 tablespoons sugar, orange slices, sugar or honey, water, quick cooking tapioca.

Strength After Childbirth. "After my baby was born I was very weak and run-down. I was not able to do any heavy work but I had strain proved too great and I was real sick for about two months."

When eight-year-old Reginald Smith, of Leicester, England, recently tried to save a fellow-fisherman from drowning, he himself was gallantly rescued by sixty-year-old Edward Clavena.

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



A Paris frock for you! An exact replica that you can copy at just the cost of the material.

Choose now! You'll have a strikingly smart dress that will give excellent service that shows exquisite taste in navy blue crepe satin made of the dull surface with shiny surface used for contrast.

Buttons are decorative note in jade with blue rims.

Style No. 2972 is youthful and

REVIVING THE COUNTRY HOME

Repair of the rural home may be sought in different ways, but the first need is a better house to shelter the home. The farm house, has not kept pace with farm improvements generally and does not compare favourably with that in the towns and cities.

The deterioration of farm houses is much more widespread than is commonly thought. It is one of the results of the replacement of the farm owner by the tenant and the hired man. If the owner under the stress of economic difficulties finds little inducement to improve the house, the tenant and the transient family of the hired man has still less.

A second need of the country home is more beautiful surroundings. A lawn, trees, shrubbery gardens of flowers with a painted house in the background are some of the features which give a place the appearance



Strength After Childbirth

"After my baby was born I was very weak and run-down. I was not able to do any heavy work but I had strain proved too great and I was real sick for about two months."

Lylia E. Pinkham's Vegetable Compound

Finda Wives Blame Husbands Dorothy Dix Why Is Home Life So Dull?

The Great Evening Silence That Obtains in Most Homes After Nightfall is Not Due to Women's Inability to Talk, Proclaim the Wives, but to Husband's Indifference to Their Conversation

Women marry for companionship just as much as men do. The ideal husband of every woman's girlish dreams is a man who will be an intimate friend to whom she can tell everything she thinks and who will take a real hearty interest in everything she does.

This fairy tale comes true to very few women. Only too many husbands drop their alluring line of conversation on their wedding day, and after they have ceased telling their wives how beautiful and wonderful and how different they are from all other women, they pass into the great silence.

Surely this is not the fault of women, for no daughter of Eve was ever yet averse to the use of her tongue, and the woman who has spent the day doing household tasks, with little contact with the outside world, is just bottled up with things she is dying to talk about.

Said one woman: "I don't talk to my husband because I long ago wore myself out as a monologist. I exhausted my repertoire. You can't go on forever telling things to a man who is as unresponsive as a wooden Indian."

"So far as I can tell, my husband never listens to anything I say and about the only reply he ever makes to anything I say to him is 'ugh-huh,' which doesn't open up brilliant conversational vistas. He makes me feel that I am boring him to tears, yet I am not a dull nor ignorant woman. I read far more than he does and appear to be able to interest other people."

"I'd love to be able to talk over my hopes and plans and thoughts with him, and to discuss with him the topics of the day and the plays I see and the books I read and tell him little interesting pieces of gossip I have picked up, but I found it was no use. He would just say 'ugh-huh' and that would dry up my fountain of inspiration. Hence these gobs of silence in our house."

"I don't talk to my husband," said another woman, "because I am afraid of his ridicule. He always makes me feel like a fool. If I express an opinion on any public question, he tells me that I don't know what I am talking about. If I attempt to tell a story, he sneers at it and says that was a chestnut that he cut his teeth on in the cradle and if I ever confess any mistake that I have made, he dresses it up into a funny story that becomes his pet jok at every dinner table we are invited to."

"If I tell my husband something that happened at some of the women's clubs to which I belong, he dismisses it scornfully as the cackling of a lot of old hens. He interrupts my best story to say that he has heard it before, whether he ever has or not, and when I try to tell him how I feel about something really important he calls me neurotic."

"Therefore, since I don't enjoy being accused of being a moron, or laughed at, I never attempt to talk to my husband about anything except the children and the house, and as they are not very thrilling topics for perpetual discussion, we mostly sit up in a silence in which you could hear a pin drop, which is not my idea of a hilarious evening."

Said another woman: "The reason I don't talk to my husband is because he is a chronic objector. He seems to think that he shows his authority and asserts his position as head of the house by vetoing everything that I want to do and throwing a wet blanket over my every hope and enthusiasm."

"When I was married I was one of these fool brides who think it their duty to tell their husbands about everything they think and consult him about everything they do or think of doing. The result was that we were in a perpetual row, and I was dissolved in tears half of the time."

"When I would casually remark that I had been over to see mother, he would tell me that my place was in my own home, and if I would mention that mother said so-and-so, he would imagine that she was trying to interfere in our affairs. When I would tell him about what sort of my girl friends did, he would object to my associating with them because they were too frivolous or too extravagant or too something or other."

If I wanted a room papered in blue, he would object and insist on red. If I wanted to go out somewhere on an evening, it was always too hot or too cold or too rainy or too dry or he was too tired.

So, having almost human intelligence although a woman, I learned that the least said was the soonest mended, and that the things my husband didn't know about my mother and my friends he couldn't criticize, and that I saved an acrimonious argument by going along and doing what I wanted to do without discussing it. Half the time he never found out about it and didn't care, anyway.

Also that he couldn't twit me with my mistakes and blunders in house-keeping if I didn't tell him about them. So now when I make a foolish bargain I keep silent as the grave about it, and when I burn a batch of biscuits or concoct a cake like lead I chuck it into the garbage can and never mention it. This method cramps conversation, but it makes peace and harmony."

Said another woman: "The reason I do not talk to my husband is because we have no mutual interests except the home and children. He never talks to me about his business or tells me what he is going to do or has done or confides any of his plans to me, and when I try to tell him about what I do he yawns in my face. He shuts me out of his world and refuses to enter mine. So we are like foreigners, shouting a language which neither understands to the other."

So that is why home life is so dull. DOROTHY DIX.

The centenary of the patenting of the concertina by Sir Charles Wheatstone was recently observed in England.

When snow blizzards, washouts and landslides impeded travel between Tabriz and Teheran, Persia, it took cars and wagons three weeks, instead of the usual three days, to make the trip.

Employees of a railway in France are taught train control on a special car which has model trains, tracks, signals and other equipment, all mounted on a movable platform.

Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Coiffure for Growing Hair

Dear Miss Leeds—(1) My hair is dark and fairly bushy. It is just growing out. What would be a good coiffure? (2) I am 16 years old, 6 1/2 inches tall and weigh 130 pounds. My measurements are: Bust, 34; hips, 37; thigh, 19 1/2; calf, 14; ankle, 6; waist, 27 1/2. Are these correct? (3) My skin is fair, my hair dark and my eyes a grayish green. What colors may I wear? WONDERING GIRL.

Answer—(1) Part your hair in the middle or on one side. Wave it or else arrange it in dips on your temples with the aid of wire clips or hairpins. Bring it back over the tops of your ears. Now divide the back hair into two equal parts. Twist them, cross them in the center and tuck the ends under. Pin firmly or use wire clips to hold the short ends in place. (2) Your weight and measurements are good for your type. (3) Greens are particularly becoming to your type. You may choose the new light yellow-green that is used so much with bright navy blue; medium and deep shades of green are also becoming. Autumnal colors like brown, warm tan, bright reds, orange and deep yellow are suitable. You may also wear black with striking effect, also ivory, coral sand, rust, henna, peach, pastel pink, gray, dull orchid, wash, peacock and wedgewood blues. LOIS LEEDS.

Dangers of Underweight

Dear Miss Leeds—Is there any danger in being underweight? I am 17 years old, 5 feet 2 inches tall and weigh 83 pounds. DOROTHY R.

Answer—Yes, doctors are constantly warning people, especially young people, against being underweight. All of us are being constantly exposed to disease germs of one kind or another, and those of us who are not physically fit are more likely to contract disease than normal people are. Statistics show that the underweight boy or girl is more likely to develop tuberculosis than those of normal weight. You are thirty-one pounds below the average weight for your age and height. This is a dangerous condition and you should put yourself under a doctor's care at once. You cannot realize your full possibilities for good looks and god health while your body is in such an impoverished state. LOIS LEEDS.



SORE THROAT Absorbine Jr

At the first signs of irritation or soreness of the throat, gargle with Absorbine, Jr.—a few drops in a little water. This powerful remedy destroys the virulent germs, relieving the soreness and irritation. At the same time you should rub Absorbine, Jr. externally into the throat muscles. It draws out the inflammation and reduces the swelling. Always keep Absorbine, Jr. handy. At all drug-gist's—\$1.25.

More than Just Luck. Luck alone never kept anybody well, but looming large in the good health story of millions of people the world over, is the daily dash of ENO's "Fruit Salt" in a glass of water... Safe... dependable... non-habit-forming ENO. Refuse substitutes. ENO'S FRUIT SALT. The words "Fruit Salt" and ENO are the registered trade marks of J. C. ENO Ltd.

Improving the Hands. Dear Miss Leeds—I used to have very nice hands, with long, slim fingers, but now they have grown large and clumsy and red. Can you give a simple remedy? M. A.

Answer—Perhaps the change in your hands may be due to the work you do and to lack of local care. Women who do housework or have their hands in water a good deal should massage their hands with a food cream every night. Protect your hands with rubber or heavy cotton gloves when doing household tasks. Once or twice a week give your hands and forearms a bleaching pack. Cleanse the skin first with soap and water. Mix two (2) tablespoonsful of cornmeal, six (6) drops tincture of benzoin, one and a half (1 1/2) teaspoonfuls peroxide, and two (2) teaspoonfuls lemon juice and enough olive oil to make a thin paste. Spread this on the skin and leave it on overnight. Wear old long gloves to keep it on. Another bleach pack to be left on an hour may be made of cornmeal and sour milk or buttermilk. Give this treatment every night for the first week and twice a week thereafter. If the condition of your hands is not due to work, it may be caused

Household Hints

Ink Stains. To remove ink stains from the carpet saturate the spot with vinegar then sprinkle salt over it. Take large spoon and dip up all possible. Repeat this formula several times and then rinse in cold water.

Baby's Underwear. The best underwear for a young baby is silk and woolen underwear. This not only helps to warm the body, but it prevents the chaff which so often comes from all wet garments.

Candles. Place candles on ice for about twenty-four hours before using, as they will burn and last much longer.



Made in Canada. Bon Ami - makes play of mirror cleaning. CLEANING mirrors with Bon Ami Cake is so easy and so quick! It takes but a moment to apply the Bon Ami with a damp cloth. A short pause while it dries. Then a rub with a clean, dry cloth and off it comes—the dust, smudges and all. It's so easy and effortless—more like play than work! Bon Ami is made in a snowy-white Powder, too—another convenient form to help lighten housework. Most women keep both Cake and Powder always on hand—there are so many uses for each. BON AMI LIMITED, MONTREAL. "Hasn't Scratched Yet?" POWDER AND CAKE - every home needs both.