

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

The HOUSEWIFE and HER ACTIVITIES

STEPPING-STONES I hold it truth with him who sings To one clear harp in divers tones...

MENTAL UGLINESS We read of people who pay great sums and endure considerable physical agony to have slight physical blemishes removed...

TOO LATE Players sit in a circle, the leader being in the centre to start. Suddenly he points to or throws a woolly ball at a player...

TABLOID To prevent juicy pies from running over, pin a narrow strip of paper around the outside rim of the pie plate.

A YEAR OF ECLIPSES The year 1935 will be distinguished by the fact that, from January to December there will be seven eclipses...

POWDER PUFFS A Compendium of Beauty contains dozens of little powder puffs and many packets of face cleansing tissues...

A CHILD'S INDIGESTION Relieved! A mother of five children says, "When my eldest baby was four months old he was very ill with indigestion and constipation..."

SMART FROCKS FOR FASHIONABLE PEOPLE

Illustrated Dressmaking Lessons Furnished With Each Pattern



proof sack tied up with ribbon. Beauty experts agree that it is wise to have a new puff every day...

SAUSAGE PUDDING Line a greased pudding basin with suet crust, arrange pork sausages round the sides and two in the centre...

LINEN A RESORT FAVORITE Linen is one of the outstanding fabrics for southern resort wear and recent Paris cables report that it will be popular for town clothes...

CRIMSON CHUTNEY Take 1 large cooked beet, 2 large apples, 2 small onions, 2 oz. each of raisins, currants and sultanas...

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CHAPPED SKIN To quickly relieve chapping and roughness, apply soothing cooling Mentholatum. Gives COMFORT Daily.

THE COOK'S CORNER When the end of the week comes and the housekeeping money is very low, there are very few of us that cannot spare about 15 cents...

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Duchess Of York Opens Art Exhibit



The Duchess of York, photographed with the Maharajah of Burdwan, as she opened an exhibition of modern art at the new Burlington Galleries in London.

fort, a ragged, desperate wail with wet hair and shining eyes. But Channon Lipwitch was triumphant. He had proven himself with the help of circumstances...



He was suddenly confronted by a crowd of toughs.

eyes. She smiled at him. Then she turned hurriedly, her skirts up over her knees—her stockings were new and she made the most of the occasion. Breathlessly she jumped down into the Lipwitch living-room...

Brilliant Scene At Ottawa Drawing-Room

OTTAWA, Jan. 19.—(G.P.)—Ottawa's greatest social event, the drawing-room of the Governor General and the Countess of Bessborough—was held last night with all the glitter and brilliancy that such occasions have always featured...

On the Senate floor was a spectacular assembly of uniformed officers, standing facing the dias. The background to the whole function was soft music from the band of the Governor General's Footguards...

Mrs. Murray MacLaren, wife of the Hon. Murray MacLaren, wore a gown of grey lace with court train of silver cloth. She wore diamond ornaments.

Mrs. Charles P. Fullerton of Montreal was in a model of ice white tulle with a train of matching blue and white tulle...

Mrs. Florence McDonald of Dartmouth, N. S., the guest of Mr. Felix Quinn, M. P., and Mrs. Quinn, wore a becoming frock of silver lame, made on long lines...

Mrs. Lillian Stewart, her sister, wore white satin with a court train of the same material. Mrs. Marion McInerney, daughter of Judge and Mrs. H. O. McInerney of Saint John, N. B., who was presented by Mrs. A. E. MacDonnell...

Mrs. Alfred E. MacLean, wife of the member for Prince, P. E. I., wore a model of black lace and sequin, with blending ornaments.

Shall We Envy or Pity the Egotist? Dorothy Dix Finds Him Not So Blessed

Does Self-Conceit Pay?—It Must be Wonderful Always to Have Your Own Greatest Admirer on Hand, But Think of the Agony When Other People Fail to Echo Your Self-Praise!

I never know whether to envy or pity self-conceited people. In a way it seems that when God bestows egotism upon an individual he has given him or her the whole works—beauty, superintelligence, wit, charm, fascination, every virtue, every desirable quality...

It must fill one with a soothing sense of inner satisfaction to feel that every detail concerning one's private affairs are so interesting that even strangers are dying to hear everything about how many miles one made on one's new car and what one said to the boss or about the time Susie had cutting her teeth and every particular about one's major and minor operations...

For the conceited are to themselves even as they think they are. The woman who sees herself as Miss America gets more of a kick out of her looks than Lillian Russell ever did out of her beauty. The woman who looks herself a seductress believes that the only reason she is an old maid is because she was too high-minded to exercise her power over men...

See while conceit casts a gray glow over life and enables the egotistic to see themselves as they would like to be, there is, also, a darker side to the picture. For vanity grows by what it feeds upon and it is insatiable. It can never get enough praise. It is always asking for more. And when people refuse to feed it with compliments it turns upon them like a starved and surly beast...

And so, taking all of these things into consideration, one wonders if self-conceit really pays. DOROTHY DIX.

NO WONDER HE FELT AND LOOKED SO MUCH BETTER

Half in fun and half because he occasionally "felt punk", a college chap joined 88 other students to form a class or clinic. It was decided to test on this class the recuperative power of a certain tonic preparation, the formula of which was known to have blood-building qualities...

Would you like to feel better, too? Would you like to be kept again about study or work or play? Then take this "tested tonic". It proved such a benefit to the forty college students. It restores well-being by increasing the red corpuscles and red coloring matter of the blood—those carried in the blood stream which must be kept up normal numbers if the person is to possess health and vitality...

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