

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



Now the Picture of Health?

I AM sending you a picture of my baby, Warren Richard, writes Mrs. Matheson, of Box 137, Lac Megantic, Quebec. "He is now eight months old and weighs 27 pounds and is the picture of health. Since putting him on Eagle Brand we have never had any trouble with him. He is well and contented and I certainly recommend Eagle Brand to any other mother who is having trouble with the feeding of her baby."

Eagle Brand Condensed Milk

The Borden Co. Limited 114 Toronto, Ont. Please send me new edition of "Baby's Welfare."

For The Cook

NUT LOAF

Four cups flour, 1 cup sugar, 1 cup chopped walnuts, 1 1/3 cups milk, 1/2 cup dates or raisins, 2 teaspoons baking powder, 1 beaten egg.

GOLDEN FRUIT SALAD DRESSING

1/2 cup lemon juice, 1/2 cup orange juice (or pineapple), 2 eggs, 1/2 cup sugar, Whipped cream. Method: Beat eggs and sugar together, pour liquid over eggs and sugar and return to boil. Add whipped cream before serving.

MAISONNAISE DRESSING

1 egg, beaten, 2 teaspoons flour (heaping), 8 teaspoons white sugar, 1 teaspoon salt, 1/2 teaspoon mustard, Pinch of cayenne, 1/2 cup milk, 1/2 cup vinegar. Add when partly cold, 1/2 cup cream. Sweet or sour will do.

BABY'S OWN SOAP advertisement with image of a baby and text: "It's Best for You and Baby too"

Most farms are without water and flocks dying off in the Bushman Land district of North West Cape Province of Africa, where rain has not fallen for more than two years.

NOTICE

Fertilizer Orders under Crop Mortgage Agreement or Part Payment Agreement must be booked immediately. Cash orders can be booked now or later. Fertilizer sold for Cash must be paid for before delivery.

P. McNUIT & SON, Malpeque, P. E. I. 8735-4-6-31.

FARM FOR SALE BY TENDER

I offer my farm at Mt. Herbert, 150 acres, Formerly old Orphanage property. Tender to close April 15th. Do not bind myself to accept the highest or any tender. EDDIE FARQUHARSON, Charlottetown, R. R. 5. 8723-4-5-61.

FOR THE WOMAN READER

The world is wide In time and tide And God is guide; Then do not hurry. That man is blest Who does his best And leaves the rest; Then do not worry. -C. F. Deems.

"GRANNY" PRESIDED OVER ARRIVAL OF 102 BABIES

In Osborne township, Huron county, Ontario, "Granny" Heywood, born in England in 1846, has set up a memorial in the minds of many generations of women. She was a "born nurse." Besides her numerous ministrations to sick folks, suffering with the common maladies of the time, she has presided with matchless success over the arrival of no less than 102 babies in the world—a great many of them without even the assistance of a physician. Today her proud boast is that through it all she has never lost a case. Every baby lived and thrived under the care and good management. More than that, not a mother was lost in the ordeal.

Keep Furs Clean

Don't forget the fur you are wearing will pick up dirt and dust just the same as any other article of apparel. Brush and comb the fur occasionally and air it well. It requires it.

A Fresh Atmosphere

At least once every twenty-four hours the living-room of the house should be completely flushed with fresh air from out-of-doors. The wise time for this healthful practice is in the morning when the fire is burning up and the housewife is active in dusting and straightening up. Haven't you gone to homes where you fairly ached to give the house a good airing? Don't let anyone feel that way about yours.

Salt Shakers

The metal tops of salt shakers will not corrode if covered on the inside with melted paraffin. Open the holes with a pin while the paraffin is cooling, leaving the remaining surface covered and protected.

The Noisy Clock

If the alarm clock makes too much noise in the morning snap a rubber band around the bell, using a wide band to diminish the noise a great deal and just a narrow one to deaden it a little bit.

THE WELSH HAT IS HEADED FOR SUCCESS

Look out for the Welsh hat—it is on its way to become as famous as the Eugenia hat.

The milliners gradually have been raising the crowns of hats, some higher in the back than in the front, until now they have reached a high-straw mark of eight to ten inches, tapering to the circumference of a large dinner cup. Directly in the back a fairly bushy feather, or plume, is apt to rise from the base of the hat to an inch above the crown.

The new high hat may prove a hindrance to the low-roofed automobile, but the Welsh hat is well on the way to the modern woman's wardrobe. There are many interesting types of this model in pilot straw, using tufts of feathers and narrow bands of taffeta ribbon adding, occasionally, a tiny Parisian veil to the very narrow brim that surrounds the high crown and dips slightly over the nose.

MEATS AND CUTS USED

Beef, lamb, and veal are the meats usually used in making stew; but we do make meat pie, using pork. Chop suey is made from pork as well as beef, and chop suey is a kind of stew.

Those cuts which are used in making stews are the portions of the meat animals which are more attractive if they are cut in small pieces. When stew meat is cut up, the saw, not the cleaver, should be used on bones to avoid bone splinters.

Good cuts for beef stew are flank, neck, short ribs, shank, plate, brisket, kidney and heart.

Good cuts for lamb stew are flank, breast, shoulder, kidney, and heart.

Good cuts for veal stew are flank, breast, shoulder, kidney, and heart.

AGRICULTURE DID IT

The increased exports of Canadian agricultural products served in a way to supplant Germany, Denmark, France, New Zealand, British India, the Irish Free State, the Netherlands and Belgium, and established Canada in the fourth place among the nations of the world supplying the British market last year. In twelve months Canada jumped from the twelfth position to fourth on the list.

The roundest, rosiest babies

fail to develop sound bones and teeth when denied this special help



Even though your baby is breast-fed, even though he is plump and rosy; still he needs the help of one factor—Vitamin D—to build a well-shaped head, a fine, full chest, a strong back, straight legs and sound teeth.

And the dependable source of Vitamin D, especially in these "shut-in" days, is Bottled Sunshine—Squibb Cod-Liver Oil—which is guaranteed to supply an abundance, not only of the bone-and-tooth-building factor, Vitamin D, but of the equally important Vitamin A, for sound growth and increased resistance. And because Squibb's is so rich in these factors it is less expensive than inferior oils which must be given in very much larger doses. Always ask your druggist for Squibb's—either Plain or Mint-Flavoured.



SQUIBB COD-LIVER OIL

SWEET VANITY

RICHARD GOYNE

CHAPTER VIII

Cynthia waited at the side gate, that evening. She carried a suitcase because Dicky had suggested she might need certain suitable frocks in which to rehearse his play, if they had time.

Long before Dicky arrived, however, she was regretting the appointment, realising she was being a coward by slipping out of the way when it was more than likely Peter would call. But she had promised, and lest the butler should drop details likely to embarrass Peter, she left the house clandestinely, without explaining.

"I must be back by midnight," she told Dicky, as she climbed in the car at his side and they drove away. "Where are we going?" "There's an inn I know, not too far away. We shall be free from interruptions there. I'm particularly anxious we do this thing well from the beginning."

He had excelled himself as a master of intrigue. Tonight he was aiming at distinction as an actor and, up to the point, deserving it.

An hour passed, the while he outlined his play. Cynthia was so interested—she had always loved dramatics—that she forgot the passage of time. More so because, despite her interest, time and again she found her thoughts wandering to Peter.

Fifty miles had been covered before, Dicky having come to the end of his outline, she was conscious of the strangeness of the country.

"Why, Dicky, we're miles from home. This place is surely Ashley Forest."

She stared askance at the long straight rising ground in between the masses of trees. He smiled.

"That's all right. We're nearly there."

Ten minutes later he ran the car back from the road to the front of a rambling old tavern, the Ceechurch Inn. On warmer days its frontage was crowded with cars. Couples came here as a fashionable rendezvous. Frequently, always on Saturdays, there was dancing and general entertainment for guests.

Whether a Woman is Desolated by Widowhood or Finds in it Relief or a Racket, She Becomes the Prey of Unscrupulous Men Everywhere Who Try to Trick Her Out of the Money on Which Her Whole Life Depends

There are three kinds of widows: Those to whom widowhood comes as the cruellest and most crushing blow that Fate could deal them. Those to whom it comes as the end of a long martyrdom and to whom it is the greatest blessing that Heaven could bestow upon them. And those who achieve widowhood by way of the divorce court and seldom find it a satisfactory estate.



No woman is more to be pitied than the one who loses a good, kind husband who loved her and whom she worshiped and whose heart is literally buried in the grave with him. He has been the staff on which she leaned. He has protected her, sheltered her, stood between her and every hardship and without him she is as forlorn and lonely as a little child lost in the dark. He has been the center of her world. About him her every thought and action and hope and desire have circled so long that she has no life outside of him, and when he is gone, all is gone.

Often added to her desolation is the terror that seizes her when she thinks of a future in which she must fend the wolf from her door. For the bread-winner is gone. The funeral will take all of their meager savings. Helpless little children are clinging to her skirts and she knows nothing but how to be a good wife and mother and housekeeper. She knows no trade by which she can earn a dollar. And for the moment, at least, she wishes that she and the babies could have gone with the tender husband and father to that far place where are earthly troubles are ended.

Sometimes the death of her husband comes to a woman as the breaking of his shackles comes to a slave. For her children's sake, for pride's sake, or because she was helpless, she has endured years and years of grinding tyranny. She has suffered herself to be abused and neglected and insulted. She has been humiliated by having to ask like a beggar for the money that she has earned ten times over by her work in the house.

And at last it is over. She is free. The fault-finding voice is stilled. The miserly hands have loosened their clutch on the checkbook. No longer need she go in fear and trembling. She is free of her tormentor. Sometimes she wears a veil to conceal the relief in her eyes.

Then there is the woman whose widowhood is a racket entered into for the sake of alimony, or because she thinks she can marry more profitably the second time than she did the first.

And there are those pathetic widows who have their widowhood forced upon them by unfaithful husbands who have tired of them and want to swap an old wife off for a newer and fairer and younger one. Of all widows, these are the most deserving of our sympathy because they have not even the memory of a good husband to comfort them, nor a grave to weep over.

But however widowhood comes to a woman, she finds out to her amazement that it sets her apart in a distinct class, and that it brings her strange and disillusioning experiences with her fellow creatures.

The first is that widows seem to be regarded, not only by professional crooks and thieves, but by all of the overly optimistic ne'er-do-wells among her acquaintances as their legitimate prey, and no sooner does one come into possession of her husband's estate than they descend upon her like a horde of locusts seeking to devour her substance.

One might think that some compassion might stir even in the stoniest breast for a woman too grief-stricken to be able to think clearly; dazed and confused, with no knowledge or experience of problems she is called on for the first time to solve. Not so, however. Everybody with a hole in the ground, or a piece of blue sky to sell, everybody with rotten bonds and wildcat stocks, camps on her doorstep and tries to gyp her out of the money on which her whole life and that of her children depends.

There must be a widow list, as there is a sucker list of easy marks, for every widow with a little insurance money has high-powered salesmen try to sell her schemes that are so palpably fraudulent that they would insult the intelligence of a moron girl baby.

Worse still, the widow is regarded as manna from heaven, sent for their nourishment, by all of her impecunious friends and relatives.

Uncle John comes to condole with her and ends up by trying to borrow the money to pay off the mortgage on his farm, well knowing he has no way of ever returning it. Cousin Ellen knows dear Maria would just love sending a couple of her children through college, and Aunt Susan elects to come and make her home with her uninvited, because she knows that poor, dear Maria is so lonesome now that John is gone, and widows have to be so careful. People gossip about them so much.

There is a popular fallacy that every widow is dying to remarry and that she is in hot pursuit of every man she sees, but every widow who has a comfortable home could tell you that the procession forms, as soon as decency will permit after her husband dies of impecunious gentlemen who are desirous of hanging up their hats in her hall and letting her support them the balance of their lives.

It is perhaps because the widow gets worn out trying to hang on to a few dollars of her property, and because there is no pep in keeping house unless you have a man to eat your good dinners and because there seems to be no place in society where a lone woman fits in and because she feels the need of a companion even if he gets on her nerves at times that the widow so often gets married again. Any port in a storm. DOROTHY DIX.

GARDENING

HEDGES

Hedges will thrive best if the soil is kept cultivated and free of weeds to a width of two feet or more on each side and an occasional top dressing of well rotted barnyard manure is given. Some complete fertilizer will no doubt prove of benefit, especially if the soil is light, says the Department of Agriculture at Ottawa, but it should be kept off the foliage. As to the shape of the hedge, it is to be remembered that a broad top is likely to hold too much snow, and thus spread the hedge.

It cannot be too strongly emphasized that it is most important to have the broadest part of the hedge at the base, no matter what form it may take further up. The mistake was made at Ottawa of letting some hedges become broadest half-way up, with the result that the bottom became weak," says a departmental note.

HARDY CLIMBING PLANTS

By the use of climbing plants, it is possible to hide unsightly aspects, provide wind screens, cover verandahs or summer house and in general make the surroundings more congenial. While our list of hardy climbing vines is more or less limited, it contains sufficient varieties to give adequate variation and relieve the monotony of too much of any one climber. We have vines which do not carry conspicuous flowers but give pleasing effects with changing autumn coloring or fruits of different colors when ripe, as well as vines which please with their flowers and fruits.

Some of these are: Ampelopsis quinquefolia Virginia creeper: A hardy native, a rapid grower, with glossy green leaves which in fall assume delightful changing shades of red, and with clusters of dark colored berries. This is one of the most popular vines and much used for covering verandahs, summer houses, walls or fences.

Vitis Vulpina: Native grape: Another hardy native, also a rampant grower quickly covering walls, fences or wherever trained. It is desirable to have both male and female plants to obtain the fragrance of the male and the fruit of the female. The fruit is dark in color with a heavy bluish bloom and is distinctly ornamental as well as useful for jelly making.

Humulus Lupulus: Common hop: Not a woody vine in that it dies down to the ground every winter, but it has a hardy root and grows very rampantly to give a good protective covering, although it is not so ornamental as Virginia creeper or native grape. The hops during the latter part of the season give it an airy and decorative appearance.

Clematis: There are at least two of clematis varieties that are proving hardy. Ligusticifolia is a native and a very desirable plant with many small, white flowers and attractive foliage. Tangutica, an immigrant from Mongolia, carries nodding yellow flowers, which later give place to striking feathery seed pods.

Celastrus Scandens: Bittersweet: To be found growing wild with glossy green leaves and becomes particularly attractive in late summer and early fall with clusters of orange colored berries which persist on the vine all winter.

Lonicera: Honeysuckle: Occasionally to be found growing wild with decidedly ornamental waxy,

Potter & Moore's LIQUID BATH SALTS advertisement with image of a woman and product bottle. Text: "direct from England. Potter & Moore's LIQUID BATH SALTS with the refreshing fragrance of THE ORIGINAL MITCHAM LAVENDER. CAN YOU imagine anything more delightful than Bath Salts in soluble liquid form instantly ready to soften the water and impart to your bath valuable tonic properties, whilst your skin is soothed with fragrant floral oil? In Bottles, 50c to \$5.00 At Drug Stores and Beauty Counters MITCHAM LAVENDER PRODUCTS BY POTTER & MOORE, LTD. Perfume, Sachets, Toilet and Dusting Powders, Face Creams and Powders, Combinations Soaps, Bath Soaps, Shaving Soaps, POTTER & MOORE, LIMITED - Lavender House, LONDON. THE ORIGINAL Potter & Moore's MITCHAM LAVENDER 451

What the Fashionables are Wearing

By Annabelle Worthington. A charmingly effective pajama and one which is easy to carry out and easy to wear constitutes today's pattern. It is fashioned from yellow batiste print. The collar and the sash are plain yellow. And note the darling puffed sleeves with dainty shirring. It's the most simple thing imaginable to make it. And the small outlay will amaze you. For lounging, it's adorable in wool jersey, crinkly crepe silk, crepe satin or rayon novelties. Style No. 619 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust. Size 16 requires 3 1/2 yards 39-inch, with 1/2 yard 35-inch contrasting. Price of Pattern 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully. No. 619. Size Name Street Address City State 619

A Morning Smile. Breakfast time in the home of the Remingtons was often a battle of words between father and daughter. "Well," she shot back, "you don't really think Hector came to see you one Sunday morning, did I see that young man kiss you last night?" "Mary was on her guard at once. "I don't know whether you did or not," she replied. "You are evading my question," the Remingtons was often a battle, snapped the father. "Did he kiss of words between father and you?" "Well," she shot back, "you don't really think Hector came to see you one Sunday morning, did I see that young man kiss you last night?" "Mary was on her guard at once. "I don't know whether you did or not," she replied. "You are evading my question," the Remingtons was often a battle, snapped the father. "Did he kiss of words between father and you?" "Well," she shot back, "you don't really think Hector came to see you one Sunday morning, did I see that young man kiss you last night?"

EDWARDSBURG CROWN BRAND CORN SYRUP advertisement with image of a bottle. Text: "The economical and delicious table syrup. A nourishing sweet for the whole family. THE CANADA STARCH CO. LIMITED, MONTREAL."

Dr. Wood's Norway Pine Syrup advertisement with image of a bottle. Text: "Loosens The Phlegm And Stops The Cough. Mrs. E. A. Jones, Moose Jaw, Sask., writes: 'I have seven children, and have used Dr. Wood's Norway Pine Syrup for the past three years, as I find it the only reliable remedy when the children have a cold.' It helps them to get to sleep by loosening the phlegm and stopping the cough. I always keep a bottle handy in the medicine chest." Price 35c. a bottle; large family size 65c; at all drug and general stores; put up only by The T. Milburn Co., Ltd., Toronto, Ont.