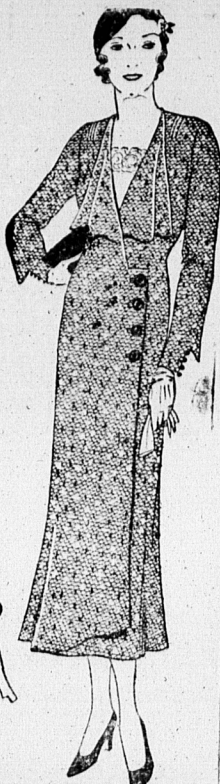


# Woman's Realm :- Social and Personal :- Fashions :- Literature

## What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



fair that you can make in a few hours of the spare time, why not choose now?  
Style No. 800 is designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust.  
Size 36, requires 2 3/4 yards 54-inch with 1/2 yard lace for vestee.  
Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred).  
Price of pattern 15 cents.

No. 800. Size \_\_\_\_\_  
Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_

Try Lydia E. Pinkham's Vegetable Compound



**The calendar said "NO"**  
Fear of cramps made her refuse! If she would try Lydia E. Pinkham's Vegetable Compound, she could go any day in the month... never have to dread the calendar.

This soft black and white tweed-like woolen has an unusual draped collar in jabot effect. Cut to a drape just above the waistline, it is exceedingly slenderizing. The wrapped movement, especially noticeable in the conspicuously smart buttoned hipline, is another very slimming quality.  
And don't you like the sleeves with snugly buttoned wrists?  
And to think it is a one-piece af-

### CANCELLED

OTTAWA, Ont., Dec. 7. (By the Canadian Press)—Effective from today the seasonal valuation imposed by the Minister of National Revenue, Hon. E. B. Ryckman, on imported tomatoes is cancelled. The value, published on June 25 last, was six cents per pound.



## It's high time

It's high time more housewives found out how easy it is to keep white sinks really white... without marring the lustrous surface by using coarse, gritty cleaners.

For there is one cleaner that never scratches—Bon Ami. But what it does to dirt, stains and dull spots! Off they go—on comes glow and gloss! And Bon Ami never leaves gritty sediment behind—never clogs or corrodes the pipes—never reddens or roughens your hands.

Snowy-white Bon Ami Powder (the ideal cleaner for bathtubs, too) comes in a generous-size, handy sifter-top can. It's nice to use—and makes things smell clean. On sale at all grocery stores.

## Bon Ami

POWDER & CAKE



Made in Canada

Canada Ltd.

## Dorothy Dix Letter Box

### How to Overcome an Inferiority Complex— Shall This Girl Confess Before Marriage That She Dyes Her Hair?— Shall Girl Who Wants a Career Marry?

Dear Miss Dix—How may one overcome the inferiority complex? As a child, when any one praised me, my mother would make some deprecating remark, and she was constantly calling my attention to the achievements of other children while belittling any efforts I made along these lines. She says that the reason she did this was to keep me from becoming conceited, but I was a sensitive child and I developed the idea that I was inferior to my associates; that I could never achieve anything and that people only tolerated me through courtesy.  
I am a good-looking girl, college bred, a musician and successful in business, but I feel that my life is a failure. I crave friends, but through timidity cannot make any advances to those I would like to know. I would like to marry, but probably never will, because when I meet a man I instinctively draw into my shell.  
Is there any way to overcome this sense of inferiority? EDITH.



Answer: Of course, the remedy for what ails you is vanity applied ad lib in large and generous doses. Hold the thought that you are the most beautiful, the most marvelous, the most admired and successful woman in the world and that every man you see falls madly in love with you at first sight.

The only difficulty with this remedy is that it is practically impossible for those with the inferiority complex to kid themselves along that way. Self-conceit appears to be one of the things that are equally hard to cultivate and to exterminate, and unless you develop a case of swelled head in your youth it is extremely difficult to acquire it when you are grown.

You have my earnest sympathy, Edith, for I was brought up in the same Spartan school and had every sprig of self-confidence that showed itself in my character nipped in the bud. It was so firmly impressed upon my youthful mind that I was a poor, miserable worm of the dust that to this day it embarrasses me to death for any one to look hard at me, and it is a matter of perpetual amazement to me that I have somehow managed to keep out of the Asylum for the Incurably Feeble-Minded.

Of course, when our mothers keep our faults and weaknesses continually before our eyes, while they remain as silent as the grave about our virtues, they are actuated by the noblest motives. They feel that it is their duty to suppress our egotism and cultivate a humble spirit within us and they never have a suspicion that nine times out of ten they are doing us a deadly wrong by killing our confidence in ourselves.

For we can only do what we think we can do. The limit of our faith in ourselves is the limit of our achievements. We only aspire to the star that we think we can reach.

It is pitiful to think how much talent has gone to waste, how many ambitions blighted, how many fine things might have been done that are never done—because families consider it necessary to take all of the conceit out of children. It is because Johnny and Susie have heard so continually, "You can't do it," that they sit down supinely and never make an effort at all. And if a child has any defect, such as awkwardness, clumsiness or shyness, to be continually reminded of these faults just intensifies them and makes the youngster that much more self-conscious and deprecating.

Of course, a happy medium is best, but it is better for a child to have an exaggerated ego than to be afflicted with an inferiority complex. The self-conceited are, at times, hard on the nerves of their fellow creatures, but they generally get somewhere. DOROTHY DIX.

Dear Miss Dix—I have just become engaged and my fiance thinks I am wonderful. However, there is one thing I have never confided to him, and that is that I have my prematurely gray hair touched up by a beauty expert. He often remarks on my pretty hair. Shall I tell him this secret or shall I let him go on in ignorant bliss, get married and then perhaps have him pour his merciless wrath on me for having deceived him? JANE.

A woman's hair and her complexion are a trade secret between her and her dressing table, which she is under no obligation to reveal to any man. How she does it is her own affair, and he is only concerned with the results. I once heard a very famous man say that his ideal of a subtle woman was one who could be married to a man for seven years without his ever finding out whether her hair was her own or not. Of course, this was in the pre-bob days, but the principle holds good as to hair dyes as well as rats and switches and transformations.

However, Jane, you are probably worrying yourself without reason and no doubt your sweetheart already knows that you touch up your locks, for about the only person who is ever fooled by dyed hair is the poor, silly woman who is foolish enough to think that she has deceived other people.

I think that a woman who has prematurely gray hair makes the mistake of her life when she dyes it, because there is nothing so distinguished looking, nothing so becoming, as gray hair above a young face. Try a white wig on the next time you go to your beauty shop and see if it does not add 50 per cent to your good looks. DOROTHY DIX.

Dear Miss Dix—I am very much in love with a girl who I am sure would make me an ideal wife, but marriage does not seem to appeal to her. She has been trained for a teacher and she appears to feel that she would rather have a career than a husband. She is 20 and I am 23 years old. What should I do? E. P.

Answer: You are both too young to get married, anyway, so give the girl three or four years to try out her career, and there is every chance that at the end of that time she will be glad enough to scrap her ambitions for a wedding ring.

When a girl has the career germ in her system, the only sane thing for a man to do is to let her work it out. Let her find out by experience that a career is not something her fairy godmother hands her on a silver salver, all nicely tied up with blue ribbon and garnished around the edges with large checks, but that it is something that a woman buys with her heart's blood, with work and worry and anxiety and loneliness, and that is never worth the price she paid for it.

A great many men persuade girls to give up their careers to marry them. This is always a mistake, because no matter how good and kind the husband is or how much money he gives his wife, she goes through life feeling that she has made a terrible sacrifice.

She is always looking back regretfully and thinking that if she had only pursued a career instead of permitting herself to be sidetracked into matrimony she would have been the world's greatest novelist or singer or film star.

Of course, she is mostly a pipe dream, but the woman firmly be-



### Etiquette

Q. What is the correct style of place card?  
A. It should be plain white or cream-white, about two and a half inches long and an inch and a half in height. The name should be written plainly in black ink.  
Q. Must a godparent send a gift to the baby?  
A. Yes, either on receipt of the invitation to act as godparent or on the day of the christening.  
Q. When should guests arrive when attending a dance?  
A. There is no set hour.

### For The Cook

#### COCOA CAKE

Mix together one cup white sugar, and 2 teaspoons cocoa, and add 1/2 cup butter, 1 egg, 1 teaspoon soda, mixed in 1/2 cup sour milk, pinch of salt, 1 1/2 cups flour, 1 teaspoon cream of tartar mixed with flour, 1 teaspoon vanilla, 1/2 cup boiling water put in last.

Filling: One tablespoon cocoa, 1/2 cup white sugar, 2 tablespoons of flour; wet above with cold water. Add 1 cup boiling water, boil until thick; when cool stir in lump of butter, 1 teaspoon vanilla.

Icing: Three teaspoons cocoa, 1 cup icing sugar, 3 tablespoons of milk, 1 tablespoon vanilla. Put all in pan together. Stir until full rolling ball, remove from stove. Cool slightly. Beat until thickened. Nuts or dates may be added.

### Hostess Pyjamas Have Faded From Fashion's Picture

Beautiful, Dignified, Essentially Feminine Gowns Find Favor With Women of Taste  
PARIS, Dec. 7.—After a very short-lived vogue, hostess pyjamas have definitely faded out of Fashion's scheme and the leading couturiers of Paris have heaved a sigh of relief.  
Style creators had seen themselves almost forced to include several of these, to them nondescript, garments to meet the insistent demand of their clients. They do so with the fervent hope that their overwhelming popularity would make the innately elegant woman abandon them almost as soon as they appeared. And their hope was realized.  
Beautiful, dignified, essentially

### Best Remedy for Cough Is Easily Mixed at Home

You'll never know how quickly a stubborn cough due to a cold can be conquered, until you try this famous recipe. It is used in millions of homes, because it gives more prompt, positive relief than anything else. It's no trouble at all to mix and costs but a trifle. Into a 10 oz. bottle, pour 2 1/2 ounces of Pinex; then add plain granulated sugar syrup or strained honey to make 10 ounces. This saves two-thirds of the money usually spent for cough medicine, and gives you a purer, better remedy. It never spoils, and tastes good—children like it.  
You can actually feel its penetrating, soothing action on the inflamed throat membranes. It is also absorbed into the blood, where it acts directly on the bronchial tubes. At the same time, it promptly loosens the germladen phlegm. This three-fold action explains why it brings such quick relief even in those severe coughs which follow cold epidemics.  
Pinex is a highly concentrated compound of Norway Pine, containing an active agent of creosote, in a refined, palatable form, and known as one of the greatest medicinal agents for severe coughs and bronchial irritations. Do not accept a substitute for Pinex. It is guaranteed to give prompt relief or money refunded.

lives in it as a reality, and it makes things mighty uncomfortable to have a blighted genius around the house.

So let your girl have a go at her career. If she really is a genius and prefers the glad hand of the public to baby hands on her breast, you are lucky not to get her, for careering wives and matrimony don't mix.

But the chances are that she will find that a career for a woman isn't all it is press-agented to be, and she will say "Yes" and thank you, too when you ask her to devote her genius to home-making.

DOROTHY DIX.

## A Morning Smile

A county judge in North Carolina telephoned to a newly appointed patrolman that two negroes were driving on a certain road with great recklessness; that they were obviously drunk, and that they were "potential murderers." The patrolman hastened to do his duty and in the excitement of the chase he shot one of the delinquents dead.  
A little later a friend said to him: "Bill, why did you kill that fellow? He was only a traffic offender."  
"I know that now," replied the new officer, "but when the judge phoned me, that they were potential murderers I didn't stop to look the word up—I thought 'potential' was just highbrow for 'damned.'"

## Statute Invoked Against Publishers

(Canadian Press Cable via Reuters) CAPE TOWN, S. A., Dec. 7.—Invoking for the first time a statute passed over fifty years ago, the government has commenced an action against a South African newspaper for publishing the results of the Irish Sweepstakes. A summons was issued today.  
Over \$5,000,000 was collected this year in the Irish Sweepstakes, operated on the Manchester Handicap, Nov. 28. A certain portion of this aggregate was donated to Irish hospitals, the remainder being pooled and distributed among those drawing a horse which ran in the race. Northdrift won the handicap and persons owning a ticket on him won about \$125,000 each.  
No South African held a first prize ticket but two held tickets on the second horse, each worth about \$75,000.

Try Lydia E. Pinkham's Vegetable Compound



### Suffered Bad Cramps

Agony every month! Splitting headache... bad backache... those terrible cramps. Lydia E. Pinkham's Vegetable Compound relieves this unnatural suffering.

### STUDIO GOWNS

It was Louisboulianger who, faithful to her reputation of opportune creative genius, started showing a few studio gowns, as she called them, when pyjamas were all the rage. She combined beautifully shaded silks and tulle and every creation boasted of a train, and flowing sleeve draperies. These gowns were immediately adopted by women who realize how attractive they were and how much more individual they could be made.

Jean-Charles Worth, who designed the trousseaux for most of the European princesses long before the war, is also a past master in the creation of these beautiful rest gowns, or whatever they may be called today.  
In the present Worth collection there are a number of these creations, varying from the studied simplicity of line of the Grecian robe to the sophisticated combining of lame and gleaming satin. Among the outstanding models is one of madonna blue crepe with intricate bodice and one-sided sleeve drapery which is completed by a deep red velvet ribbon sash which trails down the side of the hem. The neck and one armhole are finished off by hand crocheting also in the red. Another hostess gown has a tightly pleated pale pink satin slip, over which is placed a sleeveless dress of striped black net and loose jacket. The hem of the skirt, which touches the ground, is finished off with a tulle ruffle.

### SLEEVELESS MODEL

Still another attractive model is made of gold lame shot with pale pink and pink satin. The skirt has



## He needs the extra nourishment that FRY'S COCOA gives

What are you arming your child with for the trying months ahead? There's cold and wet, and later on, sleet and snow to fight against. FRY'S Cocoa is the wise mother's answer. Think—the energy-giving power of FRY'S is more than twice that of prime lean beef! FRY'S is the cocoa with the chocolate flavour—and the most economical food drink you can buy.



J. S. Fry & Sons (Canada) Limited, Montreal, Que.  
Made by the oldest Cocoa and Chocolate House in the world

### Cooked Salad Dressings

Cream Dressing  
To 3 beaten egg yolks add 1 tablespoon sugar, 1/2 teaspoon mustard, 1/2 teaspoon of salt, and 1-16 teaspoon cayenne mixed together. Gradually add 1/2 cup hot vinegar and cook until thick in a double boiler with 1 teaspoon butter, stirring constantly. Before serving, add whipped cream, sweet or sour (1/2 to 1 cup).

### Evaporated Milk Dressing

Mix 1 tablespoon sugar, 1 teaspoon salt, 2 tablespoons cornstarch and a few grains of cayenne. Add 1 cup undiluted evaporated milk, 1/4 cup vinegar, 2 beaten egg yolks and 2 tablespoons butter. Cook in double boiler until creamy. Do not overcook, for the dressing thickens when cold and should be beaten well before using.

### CORN TIMPALES

2 cups of cooked corn, 1-4 cup bread crumbs, 1-4 teaspoon butter, 2 eggs, 1-4 cup milk, 1 teaspoon chopped parsley, Salt and pepper to taste. Mix the corn, bread-crumbs and seasoning together. Beat the eggs and stir them in. Then add the milk. Stir well. Fill the buttered cups with the mixture. Set them in a pan of hot water and bake in a moderate oven for about 30 minutes, or until they are firm. Unmold and serve with cream sauce.

If you have one of those toasters that take a filled sandwich and brown the toast on both sides at once, be sure to butter both outer sides of the sandwich. It gives an entirely different and most delicious result.

an amusing pouf at the back caught up to show the accordion-pleated underskirt. A black satin ribbon belt, with pink flowers hand-embroidered, supplies the color contrast. The gown is sleeveless and is completed by an equally sleeveless jacket of pink satin.  
Molyneux combines lace and gleaming satin most effectively in a rest gown of delicate pale blue. A deep circular volant of the lace forms almost one-half of the skirt part and is ankle length in front, but finishes off into a slight train at the back, as do most of these creations.

### Oxydol The Work Saving New Soap

The demand for Oxydol has increased in all sections of the country, but its growth in this city since the inception of the campaign has been remarkable. The striking advertisements are bringing Oxydol to the attention of women all over town. These advertisements are explaining why Oxydol is known as the "Work Saving New Soap." Women are learning that Oxydol's 50% more suds means 47% less work. Then too, the 50% more suds means quicker, whiter washings—at less cost.

The Proctor & Gamble Company tell us that Oxydol's popularity here is characteristic of its reception throughout the country. Oxydol has grown to be a best seller, and some dealers are using it as a regular weekly feature with the greatest success.  
Dealers who display and feature Oxydol at this time while the demand is increasing by leaps and bounds will reap the harvest of profit which always comes from pushing a worthwhile new product.  
We are passing this information along to you, and are calling your attention to the Oxydol advertisements running in our columns so that you can take advantage of this opportunity to get your share of the profit this brand of household soap brings. If you wish to feature Oxydol in your new advertising, electros will be provided without cost.

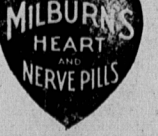
### U. S. Super-Liners For North Atlantic

(Canadian Press) NEW YORK, N. Y., Dec. 7.—The Herald Tribune says the new Roosevelt-Dollar-Dawson combine approved by the United States shipping board, plans to dispose of all its foreign tonnage to give all of its time to development of a 100 per cent United States flag shipping organization.  
The combine intends to build two \$35,000,000 super-liners for North Atlantic traffic as soon as Congress enacts legislation increasing the present rate of mail pay for vessels of more than 20 knots.

To carry out the plan of all-United States tonnage the Combine would rid itself of the Atlantic Transport Line, Ltd., Leyland Line and the Red Star Line, the paper says. These have formed part of international mercantile marine company acquired early this year by the Roosevelt Steamship Company.  
The shipping combination controls 181 vessels aggregating 1,192,227 tonnage, representing an investment of \$110,000,000. The major fleet includes the Leviathan, President Hoover, President Coolidge, California, Pennsylvania, and Virginia.

### Palpitation of the Heart Could Hardly Get Around

Mrs. Charles Storms, R.R. 5, Pieton, Ont., writes: "I was troubled with palpitation of the heart; couldn't sleep, day or night, and was so weak I could hardly get around. After taking Milburn's Heart and Nerve Pills I was greatly relieved of these attacks. My mother also has great faith in them and finds no other medicine can help her so much for heart trouble. I can assure you that Milburn's Heart and Nerve Pills are a wonderful builder."



Price 50c a box

Sold at all drug and general stores, or mailed direct on receipt of price by The T. Milburn Co., Ltd., Toronto, Ont.