

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

A Friend to Women



Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. Lowell, Mass., U.S.A. and Colburn, Ont., Canada.

For The Cook

BEEIROOT WINE

Wash your beets thoroughly, but do not peel them. Cut them into small slices, cover with water and boil for three hours.

Etiquette

By Roberta Lee

Q. What is the proper way for a man to lift a soft hat? A. Lift it by the crown, not the brim.

Household Hints

By Roberta Lee

A Table Decoration

When candles are to be used for a table decoration, nothing is more attractive or novel than to select some rosy cheeked apples, polish them and then hollow out to receive the candles.

For a Dry Skin

A food remedy for dry skin can be made by mixing together one-half ounce each of glycerine, cocoa butter, rosewater, elderflower water, and lanolin.

Care of Knives

Never use the bread or meat knives where there is intense heat or the heat will temper the cutting edges.



The best tea is the tea you like best

AND, judging by its enormous sales, most people in Eastern Canada seem to prefer King Cole. To King Cole lovers we send this message: Try one pound of King Cole Orange Pekoe. It costs you more because we use only the tender young shoots and bud leaves of the tea plant and also because we blend into it just enough of costly, fragrant Darjeeling from the Himalayas and equally expensive, vigorous Travancore plucked when the warm monsoons sweep the hills of Southern India.



You will enjoy King Cole Coffee too

Dorothy Dix Letter Box

Why Habit of Saving Must Be Begun in First Two Years of Marriage—Tested Recipe for a Happy Marriage—Should a Father of 55 Marry Again?

Dear Miss Dix—I have been married a little over a year and my husband and I are always arguing over the question of saving money to buy a home.

Answer: Your husband is right. If you don't begin saving now when you are first married, you will never save and you will go through life one of those shiftless couples who spend as they go, who live up to every cent of their earnings and who end their days in poverty and want.

But if you blow in all you make on having a good time now, when you are middle-aged you will have no home, you will be drifting about from house to house with only a few pieces of battered furniture that will tell the tale of your many movings.

When sickness or any misfortune comes, you will be a borrower, for you will have nothing laid by for the rainy day that is sure to come to us all and you will live in dread of the man of the family losing his job, as he is bound to do when he grows old.

Of course, you think that this won't happen to you because you don't intend always to spend all you make. After a while you are going to begin saving. Not just now when you want pretty clothes and a car and to run around to parties and shows.

So if you don't start saving right now you will never do it. It is now or never. So begin today tucking away a certain percentage of your income.

The other day I read in the paper that 80 per cent of the people over 60 years old were dependent either upon their children or public charity.

Save yourself from that drear fate by denying yourself a few good times now and laying up something for your old age that will make you free and independent and happy.

Dear Dorothy Dix—My husband and I have been married for a number of years and we have been unusually happy.

Answer: I think it will work on any man at any time, oh, daughter of Solomon, and that if more women would use the same tact and unselfishness in dealing with their husbands there would be fewer men wandering away from their own firesides and that the divorce courts would have to shut up for lack of business.

Dear Miss Dix—My mother died about four years ago and for the last year and a half my father, who is 55 years old, has been going out with a lady who is nearly twenty years younger than he is.

Answer: You think of your father as an old man who would sit in the chimney corner and be quiet and placid while he waited for death. But that is nonsense.

Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Falling Hair, Oily Hair and Dandruff

Dear Miss Leeds—(1) Will you please tell me how to remedy falling hair, oily hair and dandruff? Do not tell me to shampoo my hair every week, as that is impossible because my condition allows me to have a shampoo only once a month.

Answer—(1) To overcome oily hair, dandruff and falling hair one of the first things to do is to try to re-establish a normal condition of the scalp and the health in general.

In excessive dandruff there is usually pronounced falling of hair. The scale-like flakes should be loosened and removed by a circular movement of the comb.

After the dandruff has been brushed out the following antiseptic lotion may be applied to the scalp with a piece of clean absorbent cotton:

Try to keep your system in a high state of nutrition and especially as regards elimination of waste matter. This will tend to reduce toxic material in the system and improve the general condition of health.

Answer—Giving a daily scalp massage and brushing your hair for ten minutes every night and morning will give it a lovely sheen, and the henna rinse after the shampoo will bring out the reddish or golden tints in your hair.

Apply your lipstick from the inside center of your lips and work the color out gradually with the tip of your little finger. Accentuate the

as he pleases after being tied down so many years? There is no objection to the woman personally, we just don't want our father to marry again.

Answer: I think you are very wrong to try to stop your father from marrying again. If he marries a good woman who is fond of him, it will be far better for him and far better for all of his children, for then he will be able to go along and live his own life in his own way, in his own home, instead of becoming a disturbing factor in yours.

And let me tell you that to take a raging lion into your house as a pet wouldn't be a bit more upsetting to it than it would to have a middle-aged man who has been busy all of his life who has been master of his own home suddenly deprived of all occupation and thrust into the role of guest in his children's home.

You think of your father as an old man who would sit in the chimney corner and be quiet and placid while he waited for death. But that is nonsense.

Christie's WATER ICE WAFERS please EVERYBODY



Christie's Biscuits The Standard of Quality Since 1853



Fascinating Screen Star Tells New Beauty Secret

HOLLYWOOD, Calif.—"People always admire a beautiful, smooth skin," declares Clarence Brown, director for Metro-Goldwyn-Mayer, and voices the experience of 39 movie directors.

relaxation and fresh air and sunshine. To remove the excess oil from the hair between the soap and water washings use only part toilet alcohol to six parts of Cologne water.

Dear Miss Leeds—I wonder if you would please assist me with a few beauty problems. (1) I have light brown curly hair with a golden tinge in it. How can I bring out the golden tints without harming my hair?

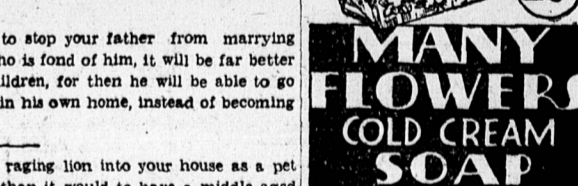
Cupid's bow in the center of your lips, but keep in mind that if the color is applied too far out or too high it only serves to make the lips look larger. So keep your color just in the center with just a faint tinge on the remainder of the lips to keep them smooth and soft looking.

C. N. R. to Acquire Control of Railway

WASHINGTON, D. C., Nov. 8.—Authorization for the Canadian National Railway to acquire control of the Grand Trunk Western Railway, and for the latter road to issue securities in connection with the unification of several lines, was given today by the Interstate Commerce Commission.

The Canadian National will gain control of the Grand Trunk through an exchange of stock. The Grand Trunk was authorized to issue \$18,815,997.50 of common stock without nominal or par value with an assignment value of \$28; also \$22,348,463.82 of six percent cumulative preferred stock of the par value of \$100 a share, as well as \$31,497,000 of first and general mortgage bonds; and \$10,000,000 of gold debentures.

Refreshes - Cleanses



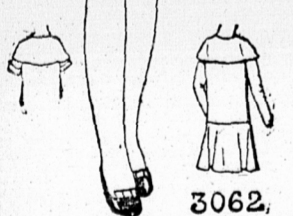
"Eczema" "Pellicura" "Eczema"

The most wonderful remedy in the world for eczema, boils, pimples, hives and all skin diseases. To be had at all drug stores. Price per bottle \$1.25.

What the Fashionable Are Wearing

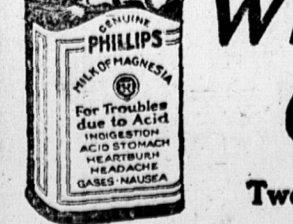
Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



No. 3062. Size Name City State Street Address City State

A lovely party or play frock for the demure little miss of 6, 8, 10 and 12 years is sketched in Style No. 3062, with fashionable quaint bertha collar and circular flaring skirt.



When Pain Comes Two hours after eating

What many people call indigestion is really excess acid in the stomach. The stomach nerves have been over-stimulated, and food soured. The corrective is an alkali, which neutralizes acids instantly. And the best alkali known to medical science is Phillips' Milk of Magnesia.

less alkali in water will neutralize instantly many times as much acid, and the symptoms disappear at once. You will never use crude methods when once you learn the efficiency of this. Go get a small bottle to try.

A Morning Smile

A small boy was taken by his father to Washington to visit Congress. He was much interested in the chaplain, who always opened the sessions with a prayer.

"You've got it all wrong, son," replied his father. "The minister comes in every day, looks over Congress, and then prays for the country."

Alcoholic Deaths On The Increase In The Dry States

NEW YORK, Nov. 8.—The rate of death from alcoholism under national prohibition has increased over the rate under state prohibition in practically every state which had dry laws before the Eighteenth Amendment, according to a survey conducted by the Moderation League, which has forwarded its findings to President Hoover's Commission on Law Enforcement.

The survey was based on figures obtained from the United States Census Bureau and excluded deaths from wood alcohol or other poison alcohol, which if included, according to the league statement, would raise the rate still higher.

Austen G. Fox, chairman of the board of the league, in summarizing the findings, asserted that these figures showed clearly failure of fulfillment of one of the hopes of advocates of national prohibition. He said:

"Before national prohibition was adopted, its proponents contended that the prohibition states could not become really dry because many of them had wet neighbors. Only by the adoption of national prohibition, and thus drying up their wet neighbors, it was contended, could the dry states succeed in making themselves dry. The death rates from alcoholism in those states indicate how far this result has been achieved. These figures show that in none of the dry states, with the exception of Maine has the death rate from alcoholism gone to a lower level than it was under state prohibition. On the contrary, in almost every case where the figures are available, the rate is higher than it was under state prohibition. This means that the expectation that national prohibition would assist the dry states has not been fulfilled; and that, on the contrary, intemperance has increased."

Nonsuch Liquid and Paste As good as Nonsuch Silver Polish Stove Polish