

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

Lessons in English

WORDS OFTEN MISUSED: Do not say, "He was very clever, so much so that," etc. Say, "He was very clever, so clever that," etc.

Milady Beautiful



BEAUTY QUESTIONS ANSWERED

Sluggish Pores and Oiliness
Dear Miss Leeds—(1) My complexion is not good; it is very oily and I get whiteheads around my nose, I press out the pus and apply alcohol, but the next morning they are there again. I have begun to use witch-hazel on them every night.

Modern Etiquette

Q. Does etiquette allow a man to take a woman's arm when walking together?
A. No; the only thing he should do is to offer her his arm.

TOMORROW

Tomorrow I will see the great sun,
Wide-winged and sceptred with irradiate gold;
Tomorrow I will watch the gates unfold
That shall admit me to new earth, new skies;

Dorothy Dix Letter Box

Why Motherhood is the Greatest Career a Woman Can Have—Shall This This Woman Neglect Her Family for Her Selfish Mother?—Cats and Dogs

Dear Miss Dix—Why do you say that the greatest thing a woman can do is to have children and bring them up? That is something that almost every woman can do from the most ignorant to the most intelligent. Successful business women, writers and actresses get their reward on earth, but a mother gets no reward on earth or in heaven either, because no woman can live a Christian life and rear a houseful of children.



Answer:
I say that the greatest thing a woman can do is to have children, and rear them to be fine men and women, because that is the basic work of creation and civilization. All the balance rests on that.

I ask you, Miss Contrary, what other thing a woman can do as great as having fine children? Can she do more for her country than by giving to it patriotic citizens who are ready to fight and defend it in times of war, and who, in times of peace, make it great and rich and prosperous by their labor and enterprise? Can any woman artist paint a picture as beautiful as a little child or a young girl? Can any woman writer write a book that has in it the inspiration that many a woman's children are to the world?

What women have done more service to the world than the mother of George Washington, the mother of Lincoln, the mother of Ben Franklin, the mother of Thomas Edison, and millions and millions of other mothers whose names have never been on the lips of fame, but whose sons and daughters have lifted humanity from savagery to civilization, and brought culture, and knowledge, and healing, and light to the world?

You say that virtually every woman can bear children and bring them up. That is true in a way. Most women can have children, but to rear them properly is the hardest work to which any woman ever sets her hand. It takes brains, and courage, and wisdom, and judgment. Motherhood is no scab job. It deserves to be ranked among the learned professions, and any woman who makes good in it has earned her M. A.

You say that the successful business and professional women get their reward on earth, but that the mother gets no reward either here or hereafter. Don't delude yourself with that idea, Miss Contrary. No woman in the world gets so richly repaid for their labors as do mothers. Every mother who feels a life's downy head upon her breast gets the thrill that comes but once in a lifetime, and there is no glad hand that any actress ever gets in her great moment that brings with it the rapture that comes with the clinging of a baby's fingers to her own. Every mother dreams for her children a future far more ambitious, far more brilliant than any she would ever dare hope for, for herself, and often she sees her hopes fulfilled.

No woman has such a full life as a mother has, because she lives as many lives as she has children. No woman has as many interests as a mother has, because every child is a different problem that she is trying to solve and each child is going his different way, and she is standing behind it trying to steer it into the way of success.

Mothers get no reward! Children are a total loss to mothers! Who would you rather be, a successful moving-picture actress, or Mrs. Lindbergh? Who do you think gets the most rapture when a book makes a hit, or the critics acclaim a golden voice at the opera, or a house rises at an actor—the mother, or the writer, or the singer, or the actor?

Barrie relates how his own mother used to say of any man who did a great thing—"Fine, how I would have liked to have been his mother!" She knew who really savored success.

As for the reward mothers will get in heaven, why, I think all of the reserved seats are being saved for them, and that they will have as many stars in their crowns as they have reared up fine children.

As to your last contention, Miss Contrary that no woman can lead a Christian life and rear a houseful of children, millions of mothers have done it, millions of mothers are still doing it, and millions of mothers, please God, will still be doing it to the end of time.

For it is out of these Christian homes that the men and women come who are the stay of civilization.
Dear Miss Dix—I am a young married woman out working solely to support my mother. I have a home, but cannot enjoy it because my mother needs my help, although one sister also helps take care of her. I cannot give my husband the happy home and children he longs for because I cannot afford to quit my job, which I could do if I did not have to support her.

My husband and I have an automobile, and on Sundays we either go calling or riding, as that is the only day we can be together, and we like to be alone on that day. My mother is furious with me, and accuses me of neglecting her because we don't come and take her with us, but this spoils our day, as my husband is bitter toward her on account of my having to go out and work for her, and thus deprive him of what he is lawfully entitled to. How can I settle this problem?

Answer:
You can't. The only one who could settle it is your mother, and she is not big enough and unselfish enough to do it, because it would require her to sacrifice her comfort and pleasure for you. If she loved you enough to put your happiness before her own, she would realize that it is only natural that you and your husband would wish to be alone on the only day you can be together, and she would not insist upon going with you and making an undesired third.

One might think that she would be willing to do this out of gratitude toward you, but it is curious how little appreciation so many parents have of what their children do for them. They seem to think that it is no more than their children's duty to support them and to make them first in their lives, and so their demands never cease either upon their own children or those they marry. Of course, it is children's duty to provide for their parents to the best of their ability, but on their part the parents might temper justice with mercy and make the burden as light as possible. They might, at least, remember that when their children marry their husbands and wives have a prior claim on them, and not insist upon always living with them, or being with them.

A Woman's Tribute To Queen Mary

Mary MacLeod Moore, for so many years the widely read brilliant London correspondent of SATURDAY NIGHT, has written the following moving and beautiful sketch of Queen Mary in the London Sunday Times. We reproduce the article in part:

A Queen was once a Queen, a far-off great figure in a pageant. Someone so high above the ordinary woman that she appeared like one untouched by sorrows and ills which lesser women know so well. Almost it seemed as if a great Queen must be immune from hurt; as if she should tread a smooth path and find the briars and stones taken away; as if Life spoke unto her none but fair things. Only a child thinks this now. Men and women know better. So to-day the hearts of millions of women are not with the Queen as a Queen, a stately figure in gorgeous robes and jewels. These hearts are beating in sympathy with a woman in anxiety; for the devoted loving wife who has suffered days and nights of strain and known the pain of hope deferred.

Through the years of her life, as maid, wife and mother, Queen Mary has been winning the respect and admiration of the country by her goodness, her dignity, her sound judgment, and her practical kindness. In this trouble the country has given to its Queen in headed-up measure the love and appreciation she has won. It offers her, now, tenderness and a shared hope, now the people themselves realised all that the Queen has grown to mean to them until first the war, and then the years of reconstruction, when she shared the difficulties and faced the altered conditions, taught them that the Queen was pre-eminently a woman who, although royal and walking necessarily apart, understood the life of the people as few queens have done in the past.

WOMANHOOD AT ITS BEST

Queen Mary's story is the story of a woman born and bred in the England she loves so deeply. From her birth to the present time she has been part of the life of the country, and to millions she typifies English womanhood at its best.

Like her subjects, the Queen commiserated in food and endured discomforts; she visited hospitals and brought brightness to the patients, she organised, she inspired others. To her the Central Committee on Women's employment owed a vast deal. She used the Queen Mary's Needlework Guild to concentrate the sewing and knitting of the women of the Empire; she became Commander in Chief of the W. A. A. Cs, and when the opportunity arose for her to visit France during the war she went out eagerly to see and to praise the work of the men and women at the hospitals, at the base, of the motor-drivers and cooks, indeed, of all who were helping the men at the front.

When war ended and men returned, well or ill, the Queen welcomed them home. She devoted hours to visiting hospitals, and put fresh life into the badly injured. Although her heart was torn by the sufferings she witnessed, she never allowed her own feelings to interfere with her devotion and sympathy for those who had paid a terrible price for safety. She was indeed, a mother to the people.

These few words are but faint and inadequate. None can do full justice to that splendid nobility, that sincerity, that goodness. The Queen has built a great edifice, based on character; the love and devotion, the respect and the trust of a people are hers. Fresh in our minds is the message she herself sent on Armistice Day to the women. The Queen spoke with tenderness and appreciation of the war cemetery; she referred to the fearless and devoted women, as well as men, who gave their lives, and deeply and truly the women of the nation appreciated the words. "In every part of the Empire to-day are the women who go on living with wounds in their hearts that time cannot heal."

From the depths of our hearts we are thankful that the Queen, who has set so fine an example of courage and devotion to duty under a terrible strain, is to be spared this deep wound of which she wrote. No prayer is more fervently offered by all British people than: GOD SAVE THE KING!

UNCLE RAY'S CORNER

A LITTLE SATURDAY TALK

It is late at night as I write this talk, and soon I shall be going to sleep. When we think of it, sleep is a wondrous thing. We go to bed tired at night and—if we sleep well—we awake rested and ready for a new day.

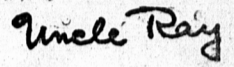
What is it which makes us go to sleep? Scientists have puzzled over the question for a long time, but even now they are not sure. Some of them think that it is caused by less blood flowing to the brain. During sleep we have good reason to say that the blood supply is lessened; but that may be the result of sleep instead of the cause.

While we are asleep our hearts do not beat so rapidly—there are from 10 to 20 fewer beats per minute. Our breathing is also slowed up—on the average, about four breaths less per minute.

Sleep grows very deep an hour after it starts, then it slowly grows less deep. Once more it grows very deep—about four and a half hours after the start. These statements are made by German scientists who have tested hundreds of sleepers. One way of testing, is to see how far sleepers move their arms or heads when touched at different points during sleep.

Doctors are able to put people to sleep by using ether or ethylene. Ether is a liquid which has long been the chief means of saving patients from pain during operations. Ethylene gas is becoming widely used in hospitals; for many kinds of operations, it is better than ether.

There is a "trick" of putting persons to sleep by asking them to take a deep breath and then holding them in a certain way. Boys who do not know better sometimes try this trick. It is very dangerous. The reason the person loses consciousness is that the flow of blood to the heart is stopped. The result may be the bursting of a blood vessel, or the stopping of the heart altogether. If you know anyone who thinks that is a good trick, warn him of the dangers.



For the Cook

OATMEAL BREAD

Take two cups of cold porridge made with rolled oats; one egg, one cup of raisins, one cup of sugar, three cups and a half of flour, a teaspoon of salt, two tablespoons of shortening, and five teaspoons of baking powder.

Beat the egg into the porridge till it is very light, add the sugar and beat again; add the raisins, then the flour, with which you have mixed the baking powder and the salt. At the very last moment add the melted shortening, then shape into a loaf, on the bread board and bake three quarters of an hour, or perhaps more, in a medium oven. Wrap the bread in waxed paper and a thick cloth when you take it from the oven, and let it stand twelve hours before using.

When war ended and men returned, well or ill, the Queen welcomed them home. She devoted hours to visiting hospitals, and put fresh life into the badly injured. Although her heart was torn by the sufferings she witnessed, she never allowed her own feelings to interfere with her devotion and sympathy for those who had paid a terrible price for safety. She was indeed, a mother to the people.

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Be Ready



When your Children Cry for It

Baby is likely to wake you any night with that sharp cry which means just one thing—colic! Be ready. Keep a bottle of Fletcher's Castoria in the house. A few drops of this pure vegetable, pleasant-tasting preparation comforts a colicky, fretful or feverish baby in a jiffy. In a few moments your anxiety is over and baby's sleeping soundly again. And you've only done what your doctor would advise. He'll tell you Fletcher's Castoria doesn't contain any harmful drug—that it's safe for the youngest infant and effective for children of all ages in cases of constipation, colic, gas, diarrhea and those upsets when you don't know just what is the matter. Avoid imitations. Genuine Castoria bears the Fletcher signature.



Reducing Hips and Legs

Dear Miss Leeds—I am 25 years old, 5 feet 6 inches tall and weigh 178 pounds. How may I reduce my hips and legs?
Answer—The average weight for your age and height is 133 pounds. I would advise you to see a doctor about your excessive overweight since it may be due to some glandular trouble. Ask his advice on diet and exercise. A brisk five-mile walk daily is a good exercise for reducing fat on the hips and legs. Stair-climbing is also good. High kicking and leg-raising are excellent. LOIS LEEDS.

BEAUTY AND BUSINESS

Must both be looked after, but ordinary beauty treatments take too much time. The Busy Woman's Beauty Program was designed by Lois Leeds to insure a fresh and well-groomed look with only a few minutes' care every day. A self-addressed, stamped envelope will bring you this leaflet. Address LOIS LEEDS, Care of Guardian.

OLIVEINE EMULSION

For Stubborn Coughs, For Chest Colds, For Protection Against Grippe and 'Flu



OLIVEINE EMULSION is a standby in the treatment of heavy, deep-seated chest colds and coughs that hang on. This grand old medicine loosens the tightness and congestion, soothes the throat, heals the air passages, and re-builds new, healthy tissue.

The blood-purifying, nerve-strengthening properties of OLIVEINE EMULSION improve appetites and digestion, and build up the system against recurring throat and chest ailments.

If you have a heavy cold or stubborn cough—if you are subject to colds and tonsillitis, or attacks of grippe or 'flu—get back your strength and vitality by taking OLIVEINE EMULSION.

\$1.00 A BOTTLE Sold by Druggists and General Stores

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