

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

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



lar of white crepe satin. Black, dark wine-red or dark brown transparent velvet is exquisitely beautiful for more dressy occasions. Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred.) Price of pattern 15 cents.

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Health Services of Canadian Medical Association

ABDOMINAL PAIN

As long as the body functions normally, we are, as a rule, unaware of the various activities which go on within it. It is only after extra exertion that we are made to realize that we breathe. After exertion too, and on a hot day, we notice the excessive perspiration, for while we perspire under ordinary conditions, we do so in moderation and so we scarcely notice it.

In a similar way, we digest our food without realizing that the process goes on, or that the intestines are contracting and moving their contents along. It is when an abnormal condition develops, when the usually smooth-running, efficient body is upset, that we become aware of and notice the existence of our body functions.

Pain is a danger signal. It warns us that there is something wrong, something which requires attention. Nature is not helpless in the presence of abdominal conditions. She knows, for example, that rest is an effective manner of dealing with certain conditions. Bowel is placed at rest, its movements are stopped and the abdominal muscles contracted, so that a rigid wall protects the motionless parts, all these being nature's method of protection.

Continued on page 10



RESTFUL SLEEP for FRETFUL, FEVERISH CHILD

With Castoria's regulation

When your child tosses and cries out in his sleep, it means he is not comfortable. Very often the trouble is that poisonous waste matter is not being carried off as it should be. Bowels need help—mild, gentle help—but effective. Just the kind Castoria gives. Castoria is a pure vegetable preparation made specially for children's ailments. It contains no harsh, harmful drugs, no narcotics. Don't let your child's rest—and your own—be interrupted. A prompt dose of Castoria will urge stubborn little bowels to act. Then relaxed comfort and restful sleep! Genuine Castoria always has the name: *Dr. H. H. Fletcher* CASTORIA CHILDREN'S CRY

PURDIE & FERGUSON Charlottetown McLEOD & MCGREGOR Montserrat

What Is a Real Lady? Dorothy Dix Calls Lady Woman at Her Best

As a Girl, a Real Lady is Cordial and Jolly, But She Doesn't Neck; as a Wife, She is More Polite to Her Husband After Marriage Than Before; As a Mother, She is Halfway Between Goddess and Pal, and She is the Perfect Friend

A correspondent asks: "What is your definition of a lady?" A lady is a woman who always thinks of you and never forgets herself.



Which is to say that she is always courteous and considerate toward others and mistress of herself. A lady is clean and sweet in body and mind. She is never slouchy and slovenly in appearance. She never tells vulgar stories nor thinks dirty thoughts. She controls her temper and puts a bridle on her tongue. She is gentle and unobtrusive in manners and speech, but she has a dignity and poise that compel the deference of all with whom she comes in contact.

She neither boasts nor brags nor is unduly puffed up by good fortune. Neither does she whine when evil days overtake her. She neither flunkies to the rich nor is snobbish to the poor and she is a little more courteous to those below her in the social scale than to those above her. She never says a witty thing if it will hurt any one and she laughs with us instead of at us. She never pretends to be other than she is or to have more than she possesses and she is so sure of herself that she dares to be simple.

That is my idea of a lady, but being a lady has a hundred angles to it. For instance, there is being a lady as a girl:

A girl who is a lady isn't prunes and primy nor standoffish and unhand-me-sir in her manner. She is cordial and jolly and good company, but she doesn't neck and pet and park with every Tom, Dick and Harry and she doesn't consider that she has to pay for every attention that a boy shows her with her lips and letting him paw her.

She likes the society of men and to have plenty of dates, but she is no man-chaser and she doesn't hound a boy over the telephone trying to force him to take her to places.

She is no gold-digger nor hold-up artist. She has a pretty shrewd idea about how much there is in a boy's pay envelope and she has mercy upon it and lets him eat occasionally and buy himself a few clothes. She doesn't have three fake birthdays a year. Nor does she choose the highest-priced dish on the menu or suggest going to the most expensive places to dance and when she passes a jeweler's window she turns her head the other way and discourses about the state of the weather instead of what a cute little wrist watch that was with the cunning diamond setting.

When a boy takes a girl out who is a perfect lady and tries to give her a good time, she makes the honorable return by pretending to be enjoying herself, even if she isn't. She doesn't tell the young man who takes her riding in a flivver about what a perfectly gorgeous straight eight some other youth has. Nor does she discourse to the young man who takes her to the movies and treats her to a sandwich afterward, about the lobster and champagne with which young Millionbucks regaled her after the opera. And if she perceives that a boy is wearying of her she beats him to it and gets tired first, for she is the best of good sports, this girl who is a lady.

As a wife a lady makes a greater effort to hold her husband than she did to catch him. She is more polite to him and more considerate of him after a marriage than she was before marriage. She doesn't consider that the marriage ceremony gives her the right to wear soiled kimonos and eat onions and say any old thing she pleases to a man because he is tied to her and can't get away. On the contrary, she considers that that very circumstance obligates her to be as agreeable and alluring as she can. She doesn't nag him. She doesn't tell him of his faults or correct his grammar or pronunciation. Nor does she yawn in his face when he is trying to talk to her about his hopes and plans nor interrupt his best story with a comment on what the cat is doing.

She treats her husband with as much courtesy as she would show a stranger and listens to him with the same expression of absorbed interest that she turns on her dinner partner.

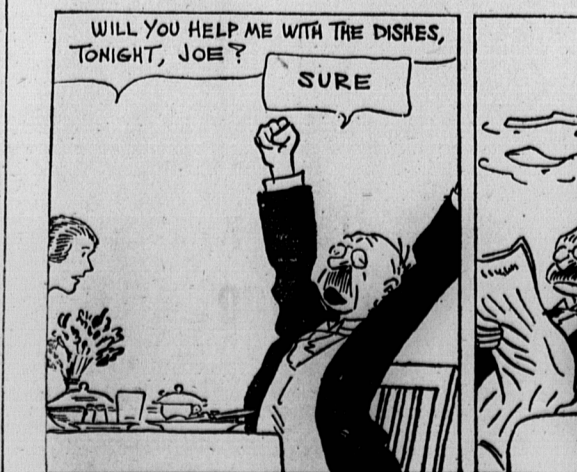
And she doesn't take her husband for granted. She is appreciative of all that he does to keep her soft and warm and make her happy and she never wearies of telling him how much she loves him and how grateful she is and how fortunate she esteems herself to have got him for a husband.

As a mother a lady strikes a happy medium between a goddess on a pedestal and a pal with her children. She sacrifices herself for her children, yet she does not make a doormat of herself for them to trample under foot. She is no tyrant, yet she exacts deference and obedience from them in so subtle a way that they give it willingly because they think that mother knows best. She never lets them talk back to her when they are little and so they never insult her when they are grown.

She never humiliates a child by discussing its defects before its face or correcting it in public. She waits for the psychological moment in which to have a heart-to-heart talk with the little sinner.

She never betrays a child's confidence or makes some secret it has

MR. AND MRS. Vi Does Her Bit to Relieve Unemployment



Etiquette By Roberta Lee

Q. Is it proper to chew a large amount of food at one time while eating? A. No mouthful should be so large that a question cannot be answered within a few seconds.

Q. If an invitation is sent on a visiting card, is an answer obligatory? A. No, although a hostess always appreciates a reply.

Q. What is the proper way to address a member of the Protestant clergy if he does not bear the title D. D.? A. "Mr."

A Morning Smile

THE LAWYER'S PART

Lawyer—Have you told me the facts precisely as they occurred? Irishman—That O'ave, yer Honor. O' thought it best to tell ye the deliberate truth—ye can put all the rest in yerself!



Canada's Loveliest Child

"If you want your child to be a prize-winner," says this mother, "there is one rule you must never neglect—keep the child free from constipation."

No mother can expect that her child will escape all the ills to which children are subject, but she can do much to relieve their severity by following this rule.

If your child is constipated, has a cold, a fever, no appetite or a coated tongue, don't wait until a more serious illness results.

Baby's Own Tablets are a safe and simple remedy for constipation. They reduce simple fever, allay colic, relieve cramp, and help to relieve the distress which accompanies the cutting of teeth.

For your own peace of mind and for the sake of your child, don't be without Baby's Own Tablets in the house. 25 cents a package at any druggist's.

BABY'S OWN TABLETS (Dr. Williams') For Children of All Ages

continued to her a sunny dinner story with which she was the table in a roar.

She never bawls her children out for their mistakes or discourages their hopes and plans. She uses tact and gentleness in getting along with them. She listens to them with sympathy and understanding. She encourages and jolles them and helps them to make the best of themselves and of life.

As a friend, the perfect lady is always where you can reach out your hand and touch her, yet she never obtrudes herself upon you. She rejoices in your joy and sorrows in your sorrows, but she never asks questions or prys into your personal affairs nor asks for more of your confidence than you give her.

She never arrogates the right to run your life or to dictate about how you shall manage your husband and children or to force her own opinions upon you.

In a word, the lady is woman at her best. She may not be beautiful nor witty nor wise, but she is a mighty pleasant person to live with. DOROTHY DIX.

For The Cook

FROSTING

There are a world of helps to simplify the making of frosting and filling. If your time is limited and your cake is plain, you may make a simple uncooked frosting with a recipe that requires no creaming. A fanciful and decorative cake may be turned out quickly for the party or birthday with the use of the shredded coconut grains in pastel shades.

A smooth "botted" frosting with not a grain in a panful, and not a trace of that sugary taste, is easy to make if you use corn syrup in it; the same ingredient comes in several flavors so you may vary the recipe without changing the method at all.

A cooking thermometer makes the testing of the frosting an easy matter, but there are reliable tests for those who do not use this equipment.

Best Botted Frosting

2 cups sugar. 2 tablespoons light corn syrup. 1/2 cup water. 2 egg whites. 1 teaspoonful flavoring. Boil sugar, water and syrup until it spins a thread (240 degrees F.) Pour over stiffly beaten egg white, flavor, set bowl in water, and beat until thick enough to spread.

Coconut Frosting

Use above recipe for botted frosting, sprinkle shredded coconut or coconut frostettes in pink, green, orange, toasted or rainbow, generously over surface of frosting.

Orange Date Filling

1 tablespoon butter. 1-3 cup sugar. 2 1/2 tablespoons cornstarch. 1/2 cup chopped dates. 1 egg yolk. 1/2 cup water. 1/2 cup orange juice. 1/2 teaspoon grated orange rind.

Melt the butter in the top part of a double boiler, stir in the sugar and cornstarch, then add the water, orange juice and grated rind. Stir over hot water until thick. Add slightly beaten egg yolk and the chopped dates and cook for 1 minute. Cool before spreading on cake.

Fudge Frosting

2 squares chocolate. 2 cups sugar. 1/2 cup milk. 1/4 cup corn syrup. 1 teaspoon vanilla. 2 tablespoons butter. Cut chocolate and combine with sugar, milk and syrup, and cook until it forms a very soft ball when tried in cold water (234 degrees F.) Remove from fire, set pan in cold water, add butter and let stand until mixture thickens enough to stick to pan when tried with spoon. Add flavoring and beat until thick enough to spread on cake.



... nor need she do so ...

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Name..... Address..... Age..... Dominion Life Assce. Co. Waterloo, Ont. Dept. Please send details of your Pension Bond.

Paris Styles

By MARY KNIGHT (United Press Staff Correspondent)

PARIS, October 6.—(U. P.)—With the rising of the first fashion sun on the winter horizon the strongest rays are definitely black and white. Colors may grow pale, or vivid, but black and white remain with us inexorably the same—yesterday, today and tomorrow, wherever the Parisian point of view is concerned.

If one day's doings can give us any definite idea of anything about our winter fashions we may say that satin and velvet will well high line our wardrobes. The next layer will be taffeta followed by lame and crepe. Not a piece of chiffon was shown by Yvee at her inauguration of the fall and winter mode. Lace, yes, but not in combination with chiffon. Either by itself, or with net, it should find itself combined into an evening gown.

Printilla is the name of a new and lightweight open-weave cloth created for dresses, and Moharrah combines mohair in its fabrication into a cloth of fine diagonal stripe with undulating lines sweeping over them in novel fashion.

Tweeds and woolens will have their hour, and from the numbers of them making first bows, that hour will elongate itself into months. One is called Scotmayah, a term used to describe the yarn with which it is woven. It is a double type fabric presenting a homespun face, rugged and durable looking.



For 90 Years the Secret of the Same Family. For Rich Aroma Say Schwartz and be Sure

WILKIE'S Glove-Phit SHOES MADE IN CANADA. Are As smart as shoes can be. You will approve the graceful smartness of these fine shoes... delight in their exquisite craftsmanship... and marvel at their low cost. When you wear them you will find such supreme foot-comfort and ease as will make you a life-long friend. We guarantee a perfect fit for any foot. Come in and see these fine shoes. We like to show them. The ideal shoes for merris and those who have to be on their feet a lot. WILKIE'S Glove-Phit SHOES. WIDTHS 7 1/2 and 8. SIZES AAA to EE 7.50 to 12. PURDIE & FERGUSON Charlottetown McLEOD & MCGREGOR Montserrat

Style Chats WITH ALMA ARCHER. With all deference to other golf shoes, as far as I'm concerned, the moccasin types walk away with such walking as is to be walked away with in the women's golfing class. The glove-grip arch construction of the elk-tanned leather moccasins with non-skid soles, make other golfing shoes look like a wrong gesture in the right direction. And the awning canvas Shu-Caddy that accompanies these smart golfers is a right practical answer to a maiden's prayer of how to transport dirty golf shoes. (And golf is such good, clean fun.)