

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



## for Quick First Aid

Even a tiny cut or scratch may cause serious trouble. Bumps and bruises, cuts and burns should be treated immediately with 'Vaseline' Petroleum Jelly and bandaged lightly. It keeps the wound clean, soothes and heals small ailments of all kinds. Prevents scars. 'Vaseline' costs very little but it is useful in dozens of ways. Keep a jar handy in your medicine chest for emergencies.

BE SURE YOU GET THE GENUINE LOOK FOR THE TRADEMARK VASELINE WHEN YOU BUY.

If you don't see it you are not getting the genuine product of Chesebrough Mfg. Co., Con's'd., 5520 Chabot Avenue, Montreal.

## FOR THE WOMAN READER

My mother's hands are cool and fair. They can do anything. Dedicating mercies hide them there like flowers in the spring.

When I was small and could not sleep She used to come to me. And with my cheek upon her hand How sure my rest would be.

All this was very long ago And I am grown; but yet The hand that lured my slumbers so I never can forget.

For still when drowsiness comes on It seems so soft and cool, Shaped happily beneath my cheek, Hollow and beautiful.

—Anna Hamshead Branch

It's your rug a bad crease in it? Turn it upside down and wet the crease with a whisk and water. When thoroughly wet, stretch the rug tightly and fasten with tacks until entirely dry. All traces of the crease will disappear.

### HOW TO MEASURE

When making catsup we generally use a kept guessing just when to bottle it. After all ingredients are added, insert a wooden spoon handle and tie a clean string where liquid measures on the handle. Then measure half of this. When boiled down to the half mark it is cooked long enough.

### ACQUAINT YOURSELF WITH ALL VEGETABLES

With the constant emphasis placed on vegetables as an important part in the diet, it often becomes something of a problem to avoid too frequent repetition. But do you really know all the vegetables your market offers during the year and are you making use of all the varieties available? With the variety that may be had at this season, it would be easy to find plenty to please the family taste.

One of the best ways to learn about all the vegetables is to make regular trips to market and whenever you see something with which you aren't familiar, ask the market man or green grocer what it is and how to cook and serve it. He'll tell you every time. Then take some home and cook it and serve as suggested.

### Looks for Seasoning

The average homemaker seldom if ever uses leeks and sweet fennel. Both are prized by foreign cooks and are worthwhile additions to the list of vegetables.

Leeks belong to the onion family, but are delicately flavored. They are excellent for seasoning in soups and salads, or the lower white portion, is trimmed and cooked and served with butter or white sauce.

### Broccoli and Chard

Broccoli belongs to the cauliflower family, and it enjoys a long season. It should be used as soon as possible after cutting because it loses its delicate flavor if allowed to wilt. If the stalks are thick, it's a good plan to split them before cooking. Hollandaise sauce is delicious with broccoli, although for simplified, hot-weather meals, you will find butter and lemon juice very acceptable and much easier to prepare.

Swiss chard is a common vegetable but it is often overlooked. If the mid-rib is thick and wide it can be cooked separately like asparagus. Otherwise the whole leaf is cooked like spinach.

### HANDS PLAY AN IMPORTANT ROLE IN BEAUTY ROUTINE

Don't forget your hands when you plan your fall beauty schedule. Your hands should be white and smooth. Hand lotions and bleaching creams will go far toward improving the texture of your skin.

Poised hands are an asset to any woman. Learn to hold them quietly in your lap when you are sitting still. Don't fold and unfold them dozens of times while you are talking to someone. And don't fuss with your clothing. It is irritating to watch a woman who is constantly picking at her dress, patting her hair or rubbing the arms of the chair.

There is something restful about a girl who sits down calmly and retains her poise. Poised hands are as important as a poised body. If you want to make your hands flexible and graceful, try pulling imaginary taffy several times a day. Bring all your finger tips close together when you move your hands in toward each other. Spread them wide when you have reached the end of the taffy.

Imagine that you are shaking water from your finger tips. Let your hands be perfectly limp and relaxed. It stretches and relaxes all the muscles in your hands and fingers. Never wear gloves which are too tight. Your hands won't actually look smaller and they'll be cramped and red when the gloves are removed.

### TRAVEL COSTUMES SHOULD BE SIMPLE

Where line, cut and style are concerned the travelling ensemble must be simple and sober. The same rules apply to hats that complete this type of ensemble. Whatever style is chosen the brim must be small and according to whether the major part of travelling is to be done by rail, air or automobile, the head and hair adequately protected.

The travelling hat must avoid all impression of fragility and felt and leathers, such as antelope and peccari, give excellent results. Travelling clothes cannot be subject to continual change as are other categories of dress. There is always some fresh element to be found as each season comes around, but it never is sufficiently striking to stamp it as a new fashion feature.

### VARI-SIZED STARS TO WEAR IN HAIR

The psychology of a continued interest in Victorian modes lies in the yearning of women to express their charms in becoming elegance. There is a salutary relief in turning to gay, attention-demanding things when night comes and the business of the day is put aside. Woman must play; she must deck herself luxuriously, as now she really can, for the mode in jewelry is introducing stars, large and small, of brilliant to be worn in the hair, clipped on a decolletage or even to the crown of a velvet hat.

It must be added here that coiffures are getting more bitheosome and that curls are being permitted to sprout and are being carried upward and forward (from Paris comes hints of curls being pinned on to fill in unnecessary voids). Hence the advent of sparkling barrettes. Other models are made in the form of feathers and sunbursts.

Is there anything in the accessory line that makes a woman feel more thoroughly feminine than a bow? In its pliable curves lies limitless coquetry. It conceals and reveals. They prove sufficient covering to guard against draughts. The most dashing are of coq feathers, for, like Chantecler, they suggest brilliancy and bravado. They are striking whether in dull black, natural iridescent hues or vivid colors. Mahogany is the newest shade. Poudre and snowflake are the names given to two types of castrich boas. Poudie is as soft as a cloud; favorites are billowing white feathers tipped with black or blue and pale pink fringed with speckled black. Snowflake boas of ostrich feathers are also very much in the vogue.

## TEMPTING RECIPES CHOPPED PICKLES



### CHOP 'EM FINE

Here's what you need... 2 qts. cucumber, chopped fine, 2 qts. onions, 1 large cauliflower, 3 green peppers. Put in separate dishes and sprinkle a handful of salt in each dish. Pour boiling water on and let stand overnight. Drain in morning. Add 8 cups sugar, 1/2 gallon vinegar, 1/4 lb. mustard seed. Let come to a boil. Make a paste of 1/2 cup of flour, 1/2 cup Colman's Mustard, 1/2 oz. turmeric, stir slowly. The zesty flavour of these Chopped Pickles will delight every member of your family and win the admiration of your guests. Be sure to include that 1/2 cup of Colman's Mustard. No ingredient in the recipe is so important where flavour and appetizing goodness are concerned.

## Colman's D.S.F. Mustard AIDS DIGESTION

## THE COOK'S CORNER

### Fried Creams

- 2 eggs
  - 1/2 cup sugar
  - 6 tablespoons flour
  - 1/4 teaspoon salt
  - 2 cups scalded milk
  - 1 teaspoon shortening
  - 1 teaspoon vanilla
  - 1/2 cup fine, dried bread crumbs
  - 1 egg
  - 2 tablespoons water
- Beat eggs, and add sugar, flour, salt and milk. Mix well and cook over hot water until thick. Stir constantly. Remove from heat, add shortening, and cool slightly. Add vanilla. Pour into a small greased pan to 1/4-inch thickness. Place in ice box over night. Cut in pieces about 2 inches long and 1 inch wide. Roll each piece in bread crumbs, dip in beaten egg, diluted with water; roll again in crumbs. Fry in deep hot shortening until a delicate brown. Drain on crushed paper. Serve with powdered sugar or maple syrup.

### UNPOPULAR PUNCTUATION

"Give an example of period furniture."

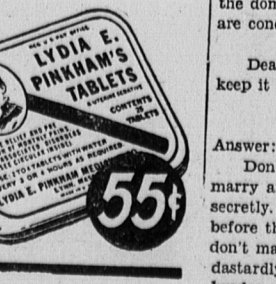
"Well, I should say an electric chair, because it ends a sentence."

## Relieve and Control Periodic Disturbances

Do you endure draggy backaches, splitting headaches and distressing pains and aches every month? Do you suffer from cramps so bad that you have to stay in bed? Are you often nauseated? How many medicines have you tried without relief?

Don't be discouraged. Here is something that is almost sure to help you. Take Lydia E. Pinkham's Tablets a few days before the expected discomfort and notice the difference. This modern Uterine Sedative not only brings blessed relief from periodic ailments but it acts upon the cause of the trouble. Persistent use brings permanent relief.

Chocolate coated—Sold by all druggists—in this handy tin box. Larger size in bottles.



## Dorothy Dix's Letter Box

Before a Child is Grown, His Home Has Set His Character and Ideas and Determined His Success or Failure in the World — Where Can a Boy Find an Old-Fashioned Girl?

Dear Miss Dix—In sociology we are studying the home with its developments and difficulties. Our class would appreciate very much if you could contribute your personal definition of home.

COLLEGE GIRLS.



Answer: Home! It is our palace of dreams. It is the quiet haven to which we flee from the storm and stress of life. It is the sanctuary in which we rest and gather up strength and courage to go forth and fight the battle of life again.

Home! It is the goal of every woman's desire from the time she plays keeping house with her dolls. It is something men marry for. "I am going home" is the end of the quest for happiness.

The most forlorn words that ever fall from human lips are "I am homeless." Home, sweet, sweet home! Be it a mansion or a bungalow or a two-by-four flat, there is no place like home.

More than that, home is the foundation stone on which organized society rests, and upon whether that is sound or rotten depends upon whether we shall build our civilization to new heights or whether it shall crumble into dust. For the home is the secret inner place in which the characters of children are formed and the ideas of men and women fixed, and from it they go forth to carry sweetness to life or to spread darkness and evil.

Success and failure, those who achieve and those who are quitters. Good citizens and hoodlums and gunmen are like what their homes have made them.

If our country has been a progressive country, it is because it has been a country of homes, a country in which the poor man could have his bit of land and his own house, above whose lintels glowed the star of hope. For out of these humble doors have come the Lincolns and the Edisons and the Fords and the inventors and the merchants and the bankers who have made these United States rich and great and given them a place in the sun.

There is no other tale of adventure so thrilling and so strange as that of the boys and girls who have grown up in plain American homes. Sometimes they were so poor that they often had not enough to eat; they had so few clothes that their mothers washed at night the garments that they wore the next day; they trudged miles to school through the snows of winter, yet they carried from those homes the high hopes and ambitions, the courage and determination that took them on to fame and fortune and brought them to stand before kings.

And there are no more beautiful romances than those of the young couples who marry on a shoestring and set up their first home in a shabby room with half a dozen sticks of furniture, but who work and struggle and strive and plan and dream together until they achieve their ambition, and the man becomes the merchant prince or the great doctor or the famous lawyer or whatever was their heart's desire.

To make a real home requires the co-operation of both the husband and the wife. No woman alone can do it though she has roast beef for dinner every day and a tidy on every chair, nor can any man do it alone, though he has a cat for a pet and period furniture. It takes a man and woman working together, planning together, giving the best of themselves as an offering to the gods of the hearth.

But when they do that, great is their reward. They have built a temple of peace for their souls, a safe harbor to which they can flee from the storms and stress of life. They have given their children a sanctuary in which to grow up into the kind of men and women who are a blessing to the world. Fortunate, indeed, are those who have a happy home, for they have the best gift that Fate can give them.

I do not believe that we stress enough the ideal of a happy home to young people. We do not make it enough the goal of their ambitions. I think we should teach every girl that the most important thing in the world for her to learn is the art of home-making. Not only how to cook and market and make a home physically comfortable, but how to make it beautiful and fill it with an atmosphere of peace and joy.

And I think we should teach every boy that the chief thing that he should strive for is not only to provide the money that supports a home, but to be like a Providence from whom all blessings flow in it, and bring to it love and tenderness and warmth and cheerfulness.

DOROTHY DIX.

Dear Miss Dix—I am a boy of 17. I want an old-fashioned girl who likes to cook and sew, but all the girls I know laugh at household duties. When I take on out she expects me to spoon, drink and smoke and if I don't she feels I am a flat tire. Most of the girls are more like boys than girls. They wear boys' shirts, drink, smoke and walk and talk like boys. They brag about being athletes and say when they get married they expect their husbands to do the cooking. Isn't there a real girl left?

PERPLEXED.

Answer: Oh, yes, son, there are plenty of nice domestic girls, but you are looking for them in the wrong place. You'll find them at home twiddling their thumbs, while the boys are taking out the little flappers who are neither boys nor girls, neither fish nor flesh nor good red herring.

It is a pitiful thing that it is the wild girls who attract boys, while it is the domestic qualities they want in a wife. And perhaps one of the reasons why there are so few quiet, demure, modest girls nowadays is because they get so little encouragement to develop those virtues from men.

Men set the style in girls. Girls are, or at least they pretend to be, for every girl is a born actress, whatever they think men want them to be. They change their physical appearance, their manners and their morals as easily as the chameleon does its colors. Let gentlemen prefer blondes and overnight every girl dyes her hair and the streets are full of golden-locked lassies. Just now half the girls you know have suddenly become red-headed. Yesterday they were gray as Grandmas because platinum blondes were to the fore, and Heaven knows what they will be tomorrow.

When men admired curves every girl was plump. When the ideal of feminine pulchritude was the living skeleton they were thin as snakes. The war started in the fashion of mannish girls and so we have had our eyes burned up by being forced to gaze upon that abomination of abominations—girls in pants. But let them go feminine, and pajamas will be out and petticoats in, and every girl would be fluffy ruffles and acquire the art of blushing and boast of her cooking and sewing.

So don't blame the girls for what they are. Blame the boys. Give the domestic girl a rush and all girls will be domestic. For as far as men are concerned, girls strive to please.

DOROTHY DIX.

Dear Miss Dix—The girl I am going with wants me to marry her and keep it a secret. I have nothing to marry on, but I love her.

J. J. J.

Answer: Don't let any girl persuade you to marry her until you are ready to marry and, above all, don't let any girl persuade you into marrying her secretly. If you are going to marry her, be man enough to do it openly before the world. There is always a stigma on a secret marriage. And don't marry until you are able to support your wife. It is a selfish and dastardly thing for a child to marry and expect its parents to assume the burden of supporting its husband or wife.

DOROTHY DIX.

## Don't let people laugh at your SKINNY SHAPE!

Thousands say new way adds pounds soon

Remarkable gains in a few weeks with new discovery. Richest imported ale yeast now concentrated 7 times and iron added

FOR years doctors have prescribed yeast to build up health. But now, thanks to a new discovery, you can get far better results than with ordinary yeast—regain health, and also put on pounds of husky flesh—and in a surprisingly short time.

Not only are great numbers gaining solid, good-looking pounds, but also clear skin, new vigor, new joy in life.

Concentrated 7 times

This new product, Ironized Yeast, is made from special brewers' ale yeast imported from the British Isles, richest yeast we know of, which by a new process is concentrated 7 times—made 7 times more powerful.

But that is not all! This super-rich yeast is then ironized with 2 special kinds of strengthening iron.

Day after day, as you take Ironized Yeast, watch flat chest develop, skinny limbs get husky, skin clear, new health come—you're an entirely new person.

Results guaranteed

No matter how skinny and weak you are, this new Ironized Yeast should build you up in a few weeks as it has hundreds. If not delighted with the results of the very first package, money instantly refunded.

Only be sure you get genuine Ironized Yeast. Not some imitation that cannot give the same results. Look for "IY" on label.

Special FREE offer

To start you building up your health right away, we make this FREE offer. Purchase a package of Ironized Yeast at once, cut out this offer. We will send you a fascinating new book on health, "New Facts About Your Body". Remember, results guaranteed with the very first package—or money refunded. At all druggists. Canadian Ironized Yeast Co., Desk 221A, Box 1322, Montreal, Que.

Beautiful new season fashions are engaging our attention and especially smart is today's frock which can be worn with or without a coat. It's a style too which lends itself to a number of delightful color schemes.

The original was thistle-red rabbit's hair woolen mixture. The attractively shaped rever and the cuffs were of plain toning hairy woolen. Note the large decorative button. It is bone in matching red shade. Falls silk, crepe satin, jersey, tweed, etc. are other nice mediums.

Style No. 486 is designed for sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust.

Size 16 requires 2 1/2 yards 54-inch with 3/4 yard 35-inch contrasting.

Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap care carefully.

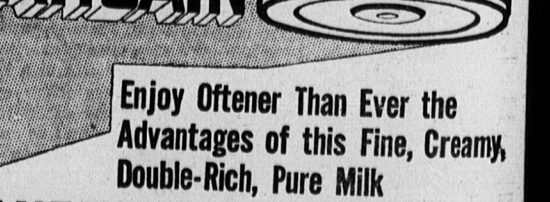
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Enjoy Offener Than Ever the Advantages of this Fine, Creamy, Double-Rich, Pure Milk

SAVE by using Carnation at today's low price for creaming coffee, fruits and cereals.

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by using Carnation at today's low price to make cream sauces for vegetables, giving them greater appetite appeal.

by using Carnation at today's low price for tasty, nourishing desserts.

A CANADIAN PRODUCT

Carnation Milk

"From Contented Cows"

WORLD'S LARGEST-SELLING BRAND OF EVAPORATED MILK

## GARDENING

Amateurs often overlook the fact that narcissus of all kinds require much earlier planting than tulips. The latter can be left until October or early November, but daffodils, jonquils and the poet's narcissus should go into the ground in September if possible. These bulbs are not expensive this year and can be used freely. They will grow in almost any situation, but look particularly well in front of the shrubbery or in borders around the sides of the garden. Of course the poet's narcissus is always lovely when naturalized under trees. Most forms of the narcissus can be left undisturbed for many years. Occasionally they need to be dug up and divided, but they are much more permanent than tulips, and often increase rapidly.

## A Morning Smile

Small Boy: "Dad says if you send his collars back again like this, he'll come and punch your head."

Laundry Manager: "He will, will he? Let's see what size he takes. Thirteen and a half, eh? All right—let him come on."

Little Billy, aged four, was being shown the shape of the earth on a globe atlas by his mother. After pointing out all the countries with their peculiar shapes, she asked: "Now, Billy, what shape is the world?"

Billy, looking very wise and happy, beamed on her with: "It's in a terrible shape, Daddy says!"

## Everyone shrinks at the word "Pyorrhea"



## PYORRHEA SHRINKS THE GUMS (TEETH COME OUT)

Strong men show fear at the thought of pyorrhea. Women flinch at the sound of the word. And no wonder. Everybody knows someone who has suffered from this terrible disease, someone who has lost seemingly sound teeth.

Four out of five people past the age of forty have pyorrhea. It is a silent disease. It steals on you. It may be sapping the structure of your gums and teeth for years—and you may not know. Eventually you will know. Half of the adult teeth lost are due to pyorrhea.

Of course your dentist will repair the damage skillfully. You are not paying him any compliments, though, if you go to him only for dental repairs. He would much pre-

fer to prevent the loss of teeth. Visit your dentist twice a year. That is prevention—and sensible prevention too. Then there is the question of home treatment and care. There is no use in making believe that white, shining, "clean" teeth are either safe or sound. No body believes that any more. The gums must be considered as well. Forhan's Toothpaste is the double-duty toothpaste that does both halves of the job. Originated by Dr. R. J. Forhan, for 26 years a pyorrhea specialist. Save pain, expense and humiliation. Start the whole family today with the big brown tube of Forhan's. All druggists.