

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

The HOUSEWIFE and HER ACTIVITIES

ELUSIVE THINGS
What fragile things are dreams!
That stir the heart...

HOW TO GAIN

In the midst of numerous enquiries on how to lose weight, there are always, you may be sure a good many women who write that they would like to gain, to develop certain parts of their bodies, to be gauged contours...

CHILDREN'S CONSTIPATION Ended!

Mrs. H. T. Rowlands, Athens, Ont., writes: "My baby boy was troubled with constipation. I gave him Baby's Own Tablets as directed... Before I had given half the box the constipation was righted."

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

BABY'S OWN TABLETS

Dr. Williams' 166

MOTHER! don't experiment with your Child's Cold

the weight on it. Push your knee upward—slowly, keeping the muscles tense. Then begin to push your leg down—ward toward the floor. This time, make believe that the heavy weight is pulling upward as you are trying to force your knee down. Repeat the entire exercise ten times and then change your position, pushing the right leg up and forcing it down.

GOVERNMENT CONTROL OF COSMETICS IN POLAND

Women of Poland are agog this week over the considerable attention the government is about to pay to their outward pulchritude. Beginning Friday, January 18, the government took over the control of the manufacture and sale of all rouge, lipstick, face powder, mascara, eyebrow pencil, eye shadow and other cosmetics, domestic or imported. Every product will have to be registered. Requirements for ingredients, manufacture and packing must be met, and misleading statements in advertisements prohibited. Girls are visibly paying more attention to their make-up, jubilant over this New Deal for Women.

ROSE-COLOURED SPECTACLES

Women famous in society for their beauty are quite frankly wearing glasses at social functions nowadays. This statement was made by a leading woman eye authority. Women who suffer from short vision have hitherto avoided wearing glasses at social events," she said. "It is only with the advent of eye-glasses with practically invisible frames with which they are worn that this attitude has changed."

THE COOK'S CORNER

MAPLE MOUSSE

Two tablespoons gelatine soaked in 1/4 cup cold water for 5 minutes, 1 1/2 cups maple syrup, 2 cups whipped cream. Heat maple syrup, add the soaked gelatine and stir until dissolved. Cool, then fold in the whipped cream, stirring well, so that the syrup is thoroughly mixed with the bottom of the dish. Freeze for four hours.

DEVILED BRUSSELS SPROUTS

Half cup butter, 2 teaspoons mustard, 1 teaspoon Worcestershire sauce, 1/4 teaspoon salt, dash of cayenne, 1 quart cooked Brussels sprouts. Melt butter over a low flame and add mustard, Worcestershire sauce, salt and cayenne. Pour this sauce over hot, well-drained sprouts. Serve at once. Dandelion greens and beet tops can also be prepared this way.

NEW POTATOES A LA BAVIERE

Slice 4 good-sized new potatoes and arrange one-half of these in a casserole, previously well greased. Over the potatoes arrange slices of hard-boiled eggs; dot these with little bits of butter and sprinkle with salt and paprika. Mix 1 cup heavy cream with 1 tablespoon made mustard and pour one-half of this over the potatoes. Add the remaining half of the potatoes, with sliced hard-boiled eggs as before, butter and seasoning, and cover with the rest of the cream. Place over the top a layer of buttered crumbs mixed with grated hard cheese, and bake in a hot oven until the cream bubbles up through the crumbs.

Grandmother's Quilt Patterns



ROYAL STAR BLOCK

Cut out pieces and sew together as indicated on small block. Either print of plain color may be used. Set piece and plain blocks together in arrangement as suggested on quilt diagram. Finish edge of quilt with 4 inch border to match plain blocks. Allow for all seams when cutting pattern. Block finishes 14 inches square. 28 plain blocks. 28 plain blocks. 4 inch border around quilt. Material required: 5 1/2 yards material for plain blocks. 1-6 yard yellow material. 1-4 yard white material. 3 yards purple material. 4-6 yard orange material. 5/4 yards 6 inch binding for border around quilt. When ordering give Number 35-6. Send 15c for a book of quilt patterns containing 7 beautiful Grandmother quilt designs - every pattern diagram.

Would You Beat Your Wife to Make Her Over? Dorothy Dix Says: Probably Not; You'd Be More Intense!

Should a Man Beat His Wife to Make Her do His Way?—No! We Exclaim in Horror— Yet we all Make it Our First Chore When we get Home From the Honeymoon to Make Over Our Eusband or Wife Nearer Our Heart's Desire?

According to a newspaper story, a bridegroom who put faith in the old adage, "A woman, a dog and a walnut tree, the more you beat them the better they be," undertook to train his wife as he did his dogs, with a whip. He slapped her about and beat her and told her that made good dogs and it ought to make good wives, but the system went wrong in this particular case. The bride didn't lick the hand that struck her. She bit it. She upped and left her trainer and is now suing him for divorce.

Reading this, we all throw up our hands in horror and exclaim: "What a brute!" and express a fervent hope that the abused lady will get her divorce absolute and all the alimony that the traffic will bear.

But, in reality, don't we all do it? Was not this man only doing in a crude way what practically all husbands and wives do more subtly, and that is try to make over their mates more nearly to their hearts' desire?

Why otherwise intelligent and reasonable men and women do not pick out, in the first place, the kind of wives and husbands they want instead of selecting something that they know beforehand is going to be a misfit, and then try to make it over according to their taste, is something that nobody can explain. But we all know from observation and from our own experience that the eclipse of the honeymoon and the thing that makes the first few years of marriage a battle that none of us likes to remember, is the inability of a young married couple to take each other "as is."

The latter years of marriage are almost invariably happier than the earlier ones. Old husbands and wives get along together more harmoniously and with less friction than younger ones. All of us can number among our acquaintances husbands and wives who fought together like cats and dogs and were always on the verge of divorce when they were first married, but who settled down later on to placid contentment and a devotion to each other that turned their home from a storm center into a haven of peace.

The reason for this is obvious. Either through a sense of justice, or from a desire of obtaining more results after years of labor, or from sheer weariness and exhaustion they gave up the impossible task of trying to cut each other over according to their individual pattern. That left them free to enjoy each other's good qualities and put a stop to the eternal fault-finding.

And the pity of it all is that this knowledge that human nature cannot shouting hoarsely: "DEATH OF THE DALAI LAMA RUMORED INVADION OF TIBET..."

White Python By Mark Channing, Author of "King Cobra" Author's note: There is a legend that under the holy city of Lhasa—the capital of Tibet—lies a subterranean lake, in the centre of which is an island inhabited by a huge python, Ophiolamia, or Serpent Worship, was practiced by antediluvian Man and, later, spread over the entire world. The supernatural happenings experienced by Colin Gray, are founded on personal experiences of the author during a twenty-one years in India.—M. C.

CHAPTER I THE CALL Barely twenty-seven, Colin Gray had looked danger in the eyes many times and in many lands—felt the lure and awesomeness of great mountains, and the eerie mystery-ousness of the windswept, brooding plains, and when he had left them, had laughingly broken their spell. Then came a day when Fate—perhaps determined by ten years long-ling—sent him to a country that takes grim toll of men's minds and souls; a country where prodigies occur, and where ancient commands and powers that are unquestionably supernatural: the powers of black magic and white. Which things are believed from the European Caucasus to Kamschatka, and from Buriat Siberia to Sikkim and Yunnan.

It is a barbarous land, inhabited by a kindly and credulous people, who know that it is haunted by THABS-YANG, the Devil-gger. The name of that country is Tibet.

Colin Gray pushed open the swing doors of the Babylonian club, a puff of March fog following him into the worn pillared hall. Outside, a newspaper seller, flourishing a poster as he ran, was

Mentholatum The Healing Cream. COLDS, CHILLS, SPRAINS, BRUISES. Mentholatum is a cooling, soothing, and refreshing ointment. It is used for colds, chills, sprains, bruises, and other ailments. It is made in Canada.

SMART FROCKS FOR FASHIONABLE PEOPLE

KING COLE TEA. King Cole Tea is sold only in mail-order packages, never in bulk. Your grocer can supply you. We advise you to buy a package. King Cole Tea is a delicious, refreshing, and healthful beverage. It is made from the finest tea leaves and is brewed to perfection. It is a perfect refreshment for any occasion.

S. AFRICAN WOMAN SLEPT FOR ELEVEN YEARS. When her sweetheart committed suicide in 1910, Anna Swanepoel of Johannesburg, S. Africa, went into a trance and had an unbroken sleep of 11 years. She awoke in 1921 but soon fell asleep again. Gradually the periods shortened.

be changed, nor a man or woman altered to suit the fancy of a wife or husband, comes only after they have wasted years that should have been sweet in bitter quarrelling and excommunications and recriminations and made their marriage a failure.

The very idea that a man can make any sort of rubber stamp he pleases out of any girl he marries, or that a woman can fashion a goddess out of any mud that she scrapes out of the gutter, is a snare and a delusion. Yet thousands of young people marry on this theory. A man will marry a girl he knows to be extravagant and clothes-mad, believing he can train her into being a penny-pincher and a wearer of hand-me-downs. Or a man will marry a girl who cares for nothing but pleasure and running the streets and having good times, thinking it will be no trouble at all to teach her to be a good cook and a home-body.

Or a girl will marry a drunkard thinking she can reform him, or a rouser believing she can domesticate him, or a lay leader believing that she can turn him into a go-getter.

But heredity and home training have got in their work twenty years or more before the husband and wife have got a start on their reformation program. The character of the man and woman has hardened into concrete that all the pecking and nagging of those to whom they are married cannot make over into the image they wish.

The man who tried to teach his wife to walk at his heels by means of a dog whip failed. So does the husband fall who carries his wife on a leash and deprives her of all freedom of action. So does the wife who tries to make her husband roll over and play dead and jump through the hoop at her order. All of which suggests that husbands and wives cannot be made to change their natures and habits, and that if you want to be happy though married you must take them even as God made them.

Band Leader Honored. Mr. W.J. Brawders tendered BANQUET AND FENCIBLE WITH ADDRESS AND PEN AND PENCIL SET. Mr. W.J. Brawders on Thursday celebrated the 25th anniversary of his taking over the leadership of the League of the Cross Band.

HEALTH SELDOM COMES BY CHANCE TO PERSONS OVER THIRTY. Good health cannot be taken for granted any more than a good income can. So for persons over thirty it is just as smart and business-like to plan to enjoy good health as it is to plan to enjoy a good income. And it's just as much a matter of plain common sense to check up on yourself.

Evening Gown Wedding. Ring now of glass. Wear glass is the rule for smartness this season.

Richard Bunde's Memorial. The subject of this sketch was born at Charlottetown, P.E.I., on March 17, 1860, and died in Los Angeles, California, January 24, 1936. He was the son of the late Francis Bunde, a gentleman well known to a large number of our people.

Dr. Williams' Pink Pills. Dr. Williams' Pink Pills for Pale People is a powerful blood purifier and a general health tonic. It is used for a wide variety of ailments, including anemia, weakness, and general debility. It is made in the U.S.A.

Dr. Williams' Pink Pills for Pale People. This practical and young tailored suit especially occupies an important place in the life of school and college girls and business women. It's the simple sports type that is especially effective in rough tweed, woolen, etc. You'll find it so easy to make it, and the cost so surprisingly small. Another lovely idea for school and college wear is to make the coat of angora tweedy woolen and the skirt of plain toning angora finished woolen or of velvet. Style No. 583 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inch bust. Size 16 requires 4 yards of 38-inch material with 1 1/4 yards of 38-inch lining. Price of PATTERN, 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.