

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

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

A caped frill covers the sleeveless arms in a modish manner. And don't you think the skirt is smart with its slimming bias hip lines?

To make it! Cut it out and you'll finish it in less time than it would take to shop for one that is as smart as this model.

It is carried out in a triple sheer print.

Tub silks in white or pastel, voile prints, sheer dotted batiste and sheer linen prints are dainty and cool suggestions.

Style No. 519 is designed for sizes 14, 16, 18, 20 years, 36 and 38 inches bust. Size 16 requires 3 1/2 yards of 39-inch material.

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



No. 519. Size

Name

Street Address

City

State

NO MORE BACKACHES



LIKE so many other women—perhaps like yourself—Mrs. Burroughs used to suffer with severe backaches every month. Then she tried Lydia E. Pinkham's Vegetable Compound.

Shortly afterwards she wrote to us, "I believe it to be the best medicine I ever used. I sleep well, my nerves are better, my appetite is improved and I am getting stronger all the time."

Try Lydia E. Pinkham's VEGETABLE COMPOUND

Bright Blue For Summer Vogue

DON'T DECIDE THAT THEY'RE NOT FOR YOU TILL YOU'VE EXPERIMENTED WITH YOUR PAINT BOX.

Frenchwomen have built themselves a gorgeous reputation for beauty by knowing what make-up to wear with black.

This year every Canadian has to learn how to make up for the blues that abound.

Some few blondes are equipped by nature. Don't let them give you an inferiority complex. Art can make up for what Nature fell down in!

Spring blues tend to take color out of your face. Therefore you must put more on than you do for pinks, or reds, or even whites.

Blue shows up your shadows, wrinkles, and sallow complexion. Try lingerie touches of dead white, beige, off-whites and flattering pinks. Also try on a brimmed hat, instead of a cloche. Take it if it looks better.

A good complexion base softens your skin's look, does something to cover up wrinkles and makes your complexion stick. Use one.

White powders show up blemishes when an ochre tone softens them. Therefore use a much deeper toned powder with your blue clothes than you are using elsewhere. Not too deep, you understand.

Deep purple red rouge and lipstick are much kinder to you, when you are wearing blues, than bright, hard, light red ones.

As for your eyes, keep the lids well oiled. There's an allure to a gleaming eye and a gleaming lid is a pretty good substitute. Just enough eye shadow to make it look natural lends the proper enchantment.

Anybody, with the right make-up and act upon it—accept it gracefully, can wear blue. Don't get they and be benefited—is a bigger blues by thinking you can't. Just man than the fellow who gives the get out the paint box and use taste, advice.

The man who will accept advice that nothing can change and because I believe that no lasting happiness ever comes out of doing the thing that we know to be wrong, I advise you, sorely tempted though you are, to refuse to buy ease for your family at the price of your conscience and self-respect.

Nothing the man can give you will pay you for your peace of mind. No luxuries he could give your children would atone to them for having another living a life of shame, or for their being reared up in such a household and in such an atmosphere.

And, at its best, you will be sacrificing a whole lifetime of decency and the respect of others for a few years of soft living, for men of the caliber of this man soon tire of their lady loves and throw them aside as carelessly as they would an old glove.

DOROTHY DIX.

Dear Miss Dix—Do you think I will be happy if I marry a man who

is so jealous that he suspects me of every sort of horrible crime and sulks for a week if I even speak to another man?

Answer: No. You will certainly be miserable if you marry him. Jealousy will wreck any marriage on earth.

DOROTHY DIX.

McPherson looked pleased. "Ah, I'm glad you've given it me before we go in, Jenny. You know, if there's one thing I can't abide, it's to see a lassie pay for herself."

Dorothy Dix Letter Box

Discerning Husband Assures Happiness in Marriage by Helping Wife With Housework—Shall Widowed Young Mother Choose Starvation or Dishonor?

Dear Miss Dix—I am of the opinion that if husbands would help their wives more with household duties there would be less divorce. I am a married man and it is a pleasure to me to help my wife all I can.

Women get tired of doing the same thing over and over every day and they should have vacations just the same as men. C. M.

Answer: You are dead right, Mr. C. M. Probably no woman blessed with a husband who helped her wash the dishes and who put Junior to bed ever thought of looking up the time trains leave for Reno. For she knows that from the wife's point of view she has drawn the capital prize in the matrimonial lottery and that there is no such thing as exchanging him for a better one. There is none such.

To understand why women set such an inordinate value on their husbands' helping with the housework you have to delve into the mysteries of feminine psychology. It isn't really because the wife is overworked or tired or even that the man is of any actual assistance, for most men are more bother than help and it takes longer to clean up after them than it would to have done the work in the first place. What the wives value is the husband's gesture, a sort of recognition of the hardness of the wife's job and the husband's attempt to lighten it.

In their hearts most wives are envious of their husbands. They feel that their husbands have got the soft end of the matrimonial bargain. They think that their husbands work is a soft snap, a sort of picnic to which a man goes every morning to a pretty store or a handsome office in which he spends most of his time hearing or telling funny stories and going out to lunch, whereas they have to toil all day in the monotony of the home, doing the same tasks over and over again with no more thrilling conversation than that furnished by the baby who says ga-ga or the children who fight and cry half the time.

Hence, when husband comes home at night and says he is tired, and when he leaves wife to get the dinner and wash the dishes and put the children to bed while he reads the paper, she feels herself a poor, miserable, persecuted martyr and thinks how much harder she has worked than he has and that if anybody is tired she is the one.

And, of course, she is weary. Bone-tired. And bored to bits. And she does need a helping hand, but it is the spiritual uplift she needs most, and she gets this when husband puts on an apron and comes in the kitchen.

We are always talking about women helping their husbands by taking an interest in their husband's business and ambitions. The reverse of this is equally true, and if a man wants his wife to be a good housekeeper he can stimulate her ambition and put her on her mettle by praising her cooking and helping her with her budget and taking a genuine heart interest in the running of the home.

Of course, women need vacation. There is nobody on earth who needs a vacation as much as the housewife does. Just because the home is inescapably more or less of a treadmill in which women are forever cooking meals which are eaten as soon as cooked, sweeping floors that are littered again within an hour, washing little faces that are dirty the next minute, that they need a change and to get away from it for a time every now and then.

When a woman slacks down on her housekeeping, when she begins to nag, when she begins to pick on the children and find fault with everything they do, she needs a vacation. She is fed up on domesticity, and if she can only get away for even a few days she comes back with her nerves straightened out and a new perspective on her job.

I once heard a woman say that a couple of weeks' vacation for her was equivalent to acquiring a new husband, being turned into a bride herself, having the children reformed and the house repainted and refurnished by an interior decorator. She said that she went away wondering why she married her husband, thinking the children brats and her home an eyecore and when she came back her husband was transformed into the lover of her youth, the children were angels and her old home looked like a palace.

If there is only enough money in a family for one person to have a vacation, give it to the wife. Then everybody will get the advantage of it. DOROTHY DIX.

Dear Dorothy Dix—Although I am only 21 I have two children. My husband was killed in an automobile accident three years ago and I have had a hard struggle to take care of them and my mother. Now I have a fine job as a private secretary, but my employer, a married man, has fallen in love with me and wants me to become his mistress. He offers me everything—a fine home for mother and my babies, a car, beautiful clothes, etc. I am frightened and bewildered. I feel that I can't do what he asks, but what will become of me and mine if I don't? I will lose my job and I would not know where to find another now. Perhaps my mother and my babies would starve. What must I do? A HELPLESS YOUNG MOTHER.

Answer: Talk about temptation! If a woman in a case like this doesn't face the supreme test of her courage and her principles, then I don't know what ordeal she could be called upon to go through. For herself she might face poverty and want, but with a sick old mother and with helpless little children crying to her for the bread she could not give them and with ease and luxury and safety offered to her loved ones at a price, who could blame her if she said it? What a heroine she must be to refuse it!

And how cruel and how bestial is the man who holds the threat of loving her job over a woman who is in his employ to club her into taking in hell who refused to associate with such a one when he came to dwell among them. They said they were only murderers and thieves and such like minor criminals.

But because I believe that there are certain fundamental laws of right that nothing can change and because I believe that no lasting happiness ever comes out of doing the thing that we know to be wrong, I advise you, sorely tempted though you are, to refuse to buy ease for your family at the price of your conscience and self-respect.

Nothing the man can give you will pay you for your peace of mind. No luxuries he could give your children would atone to them for having another living a life of shame, or for their being reared up in such a household and in such an atmosphere.

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Answer: No. You will certainly be miserable if you marry him. Jealousy will wreck any marriage on earth.

In the Summer Health for the Aged TAKE Scott's Emulsion EASY TO DIGEST

For The Cook FRENCH ROLLS 3 cups milk—scalded. 1 tablespoonful sugar. 4 tablespoonfuls butter. 1-3 tablespoonful salt. 2 eggs. 8 cups flour. Scald the milk and add the sugar, butter and salt. Cool until lukewarm and stir in the yeast cake which has been dissolved in a quarter cupful of water. Stir in two cups of flour and set in a warm place until light. Beat the eggs well and stir into the sponge mixture, adding three cups of flour and beating until the surface is covered with bubbles. Cover closely and let rise overnight in a warm place. In the morning add the remaining flour or enough to knead and knead lightly but thoroughly. Shape into small long rolls or round balls and place on a slightly greased pan lightly sprinkled with flour. Let rise an hour. Bake in a moderate oven about a half hour.

A Morning Smile As McPherson and his girl were entering the cinema, the girl said: "Here's my one-and-three-penn' John." McPherson looked pleased. "Ah, I'm glad you've given it me before we go in, Jenny. You know, if there's one thing I can't abide, it's to see a lassie pay for herself."

Jelly - Making According To Rule THE FOUR NECESSARY INGREDIENTS ARE FRUIT JUICE, FRUIT ACID, SUGAR AND PECTIN

Now that jelly making has been reduced to a positive science, even the amateur can easily fill her preserve cupboard with a nearly perfect product if she follows the rules. Perfect jelly is clear, bright colored, of tender texture and delicate flavor. Sticky, gummy, syrupy or tough jelly bespeaks lack of knowledge in the essentials of jelly making. There are four necessary ingredients for jelly and these must be used in correct proportions if the result is near perfection. Fruit juice, fruit acid, sugar and pectin—these are the ingredients. Pectin is recognized as the important jellifying agent, but the presence of fruit acid is quite as essential. Some fruits contain both these substances in goodly amounts and make excellent jelly naturally. Other fruits are deficient in one or the other and the lack must be supplied from some other source, such as another fruit juice or extracted pectin. Some fruits which are deficient in pectin when fully ripe will jelly naturally if used when slightly under ripe. Fruits rich in both pectin and fruit acid must be chosen for jelly making if extracted pectin is not used. Sour apples (including crab apples), currants, gooseberries, sour blackberries, under-ripe grapes and decidedly under-ripe raspberries make excellent jelly without the addition of either pectin or fruit acid. While the acidity of a fruit is readily detected by the taste, the presence of pectin must be determined by test. Should a juice lack acid it can quickly be corrected by

THE GREAT ECONOMY TEA 35 CENTS PER POUND PACKAGE 18 CENTS PER HALF LB PACKAGE

A Full-bodied Tea combining dependability with low price adding 1 tablespoon lemon juice to each pint of fruit juice. Two Simple Tests There are two simple tests the home maker can depend on to determine the amount of pectin in a fruit juice. One test is made by the use of Epsom salts and the other by denatured alcohol. As denatured alcohol is poisonous, care must be taken that the tested juice is not tasted. To test for pectin with alcohol, measure one tablespoonful of fruit juice into a dish and add 1 tablespoonful alcohol. If a jelly like mass forms immediately, a large amount of pectin is present and one cup of sugar to one cup of fruit juice should be used to make the jelly. If the juice forms into small flaky particles there is a small amount of pectin. In this case two thirds cup of sugar to one cup of juice should be used. If the mixture of juice and alcohol remains unchanged in consistency there is no pectin present and commercial or extracted pectin should be added. To make the Epsom salt test, mix 1 tablespoon fruit juice, 1 teaspoon sugar and 1-2 tablespoon Epsom salts. Stir until the salts are dissolved and then let stand 20 minutes. The jelly-like mass or formation of flaky particles indicates the amount of sugar to use as in the alcohol test. Hard fruits such as apples must be cut in quarters and cooked in enough water to make tender in order to extract the juice. Soft, juicy fruits such as berries and currants are heated in just enough water to prevent burning until the juice flows freely. When the fruit is tender and the juice flows turn into a jelly bag and allow the juice to drip through without squeezing. Test for pectin and measure. Cook this first traction over a hot fire for minutes, skimming if necessary. Slowly add required amount of sugar and continue to cook until jelly is done. When Jelly is "Done" Jelly is "done" when it "shimmers" from a metal spoon or when dropped or two placed on a cold ceramic surface. A thermometer may be used but this old-time test is reliable and must be used with a thermometer. The varying acidity and pectin content of some fruit juice in different seasons makes it impossible to determine the absolute temperature for time. Four jelly into hot sterilized jelly glasses and cover with a layer of melted paraffine. The jelly is cold cover with a cold layer of melted paraffine. When this has hardened cover the glasses, store in a dark, cool place. A second extraction of juice ways should be made. Return pulp to the kettle with enough water to cover and heat slowly to boiling point. Simmer about an hour and proceed as before.

for BRUISES There's nothing so equal Minard's "King of Pain" Liniment. Antiseptic, soothing, healing. Gives quick relief! MINARD'S "KING OF PAIN" LINIMENT

THE ROAD TO POPULARITY. by ALBERT DORNE

LET'S SIT OUT THE REST OF THE DANCE. I'M SO TIRED. LATER HOW DID YOU LIKE DANCING WITH HIM, PEG? OH, GIRL, WHY DID NOBODY WARN ME? HE'D BE SO ATTRACTIVE IF IT WEREN'T FOR THAT HORRID HAIR! BUT YOU SHOULDN'T CAN'T OVERLOOK "B.O." "B.O."? ARE THEY TALKING ABOUT ME?

THAT VERY NIGHT HE CHANGED TO LIFEBOUY. NO "B.O." NOW TO SPOIL HIS GOOD TIMES. NEVER GAMBLE WITH "B.O." YOU may think you're safe—but make sure! Remember even in cool weather pores give off a quart of odour-causing waste daily. A little extra exertion—a stuffy, overheated room—and this odour becomes noticeable to others. Play safe—always Wash and bathe with Lifebuoy. Its creamy, searching, abundant lather purifies pores—gives bath-to-bath freshness and freedom from "B.O." Clears dull complexions. Lifebuoy's penetrating lather washes away surface dirt and pore-embedded impurities, too. Dull skin quickly responds to its gentle, yet thorough cleansing—glow with new radiant health. Adopt Lifebuoy today. LEVER BROTHERS LIMITED, TORONTO

TIMELY ADVICE FROM MARGE — by C.A. Voight

LET'S STOP IN HERE FOR SOME LAUNDRY SOAP. I'M ALL OUT OF IT. WHAT KIND DO YOU USE, MARGE? RINSO, THE HARD-WATER SOAP. IT SAVES SCRUBBING AND WASHES CLOTHES MUCH WHITER. EVERYBODY I KNOW SEEMS TO BE USING RINSO. I MUST TRY IT. NEXT WASHDAY MARGE SAID JUST TO SOAK EVERYTHING IN RINSO SOAP. IT SOUNDS TOO GOOD TO BE TRUE—BUT WHERE DOES SHE GET IT? MY, HOW WHITE I'D NEVER BELIEVE IT IF I DIDN'T SEE IT WITH MY OWN EYES. AND TO THINK THAT I DIDN'T SCRUB OR BOIL. HELLO, MARGE. I USED RINSO TODAY! YOU WERE RIGHT—IT GETS CLOTHES MUCH WHITER THAN ORDINARY SOAP. AND IT'S SAFE—SAFE FOR YOUR FINEST COTTONS AND LINENS—WHITE OR COLOURED. TRY IT FOR DISHES, TOO. Clothes almost wash themselves... when you use these safe suds. YES—all you need to do is soak clothes in Rinsol suds and rinse—to get the brightest, snowiest wash ever. Try it—and see! Cup for cup, Rinsol gives twice as much suds as lightweight puffed-up soaps, even in hardest water. The makers of 40 famous washers recommend Rinsol. Great for dishes and all cleaning. LEVER BROTHERS LIMITED

How Disfiguring! Pimples and blotches will mar the beauty of any complexion, no matter how lovely it may be otherwise. They are so unnecessary, too, when regular daily use of Cuticura Soap, assisted by Cuticura Ointment, will keep the skin clear and healthy. Soap 5c. Ointment 25c and 50c. Canadian Depot: Lyman Agencies, Limited, 286 St. Paul St., W., Montreal.

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