

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

Character Close-Ups

WHEN YOU SPOT A DIAMOND SHAPED THUMB NAIL YOU CAN CATALOGUE THE OWNER AS ECCENTRIC

Etiquette By Roberta Lee

Q. At the end of a wedding ceremony, what is the order of procession? A. The procession is exactly reversed from how it enters. The bride and groom lead, followed by the bridesmaids and ushers.

Household Hints By Roberta Lee

Greasy Woodwork Use a cloth dipped in turpentine to clean greasy woodwork. Then wipe with a cloth dipped in water, to which add a little kerosene.

Socks and Stockings

Socks and stockings will dry far more quickly if the hand is run through them all the way to the toe to thoroughly separate them after washing.

To Sweeten Milk

To sweeten milk which is beginning to turn, add enough carbonate of soda to cover a dime for each pint and boil. The milk will then be quite sweet and will keep.



HEADACHE DIZZY SPELLS.

To quickly get rid of headache—look first to the bowels. Usually there is constipation or a disordered stomach. Quick relief comes from the cleansing effect of Dr. Hamilton's Pills; they flush out the stomach and improve digestion.

DR. HAMILTON'S PILLS Regulate the System



"PINKHAM'S COMPOUND IS WONDERFUL" Read This Letter from a Grateful Woman

Vanessa, Ont.—"I think Lydia E. Pinkham's Vegetable Compound is wonderful. I have had six children of which four are living and my youngest is a bonny baby—now eight months old who weighs 22 pounds. I have taken your medicine before each of them was born and have certainly received great benefit from it. I urge my friends to take it as I am sure they will receive the same help I did."—Mrs. Milton McMillan, Vanessa, Ontario.

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



2947

One of the most practical fashions of the season for the school miss of 6, 8, 10 and 12 years is illustrated in navy blue wool crepe with beige crepe collar and cuffs. The scallops of collar and cuffs are accented by vivid red taffeta bias binding.

Matching shade red bows buttons emphasize side scalloped closing of bodice. Red suede belt completes this jaunty outfit.

Style No. 2947 is made at a re-

HUNTER RIVER AND VICINITY

Mr. Howard Houson, C. B. College, spent the holidays with friends here.

Miss Anna Rodgers, Charlotte-town, visited with friends here over the week-end.

Among the students returning to the city on Monday to continue their studies were Miss Irene Wedlock, C. B. C., Mr. Ira McDonald, P. W. C., Mr. John Ross, C. B. C.

On Saturday evening, Jan. 4th, Rev. and Mrs. Chapman entertained the Board of Management, officers and teachers of the United Sunday School. At half past six the guests sat down to an excellently prepared goose dinner.

LETTER OF SYMPATHY Mrs. William Cole.—Dear sister member:—We, the members of Geddie Memorial Auxiliary W. M. S., wish to convey to you our heartfelt sympathy in this, your hour of sorrow and bereavement.

hostman at the oar. Hewing wood and drawing water, Splitting rails and clearing sod. All the dusky ranks of labor in the regiment of God

Twenty Years vs. Forty

Considers Time Women's Friend

Dorothy Dix

When a Girl of 20 is Unattractive it is Her Misfortune Because She Was Born Unbeautiful and Hasn't Had Time to Acquire Charm, But When Woman of 40 is Unattractive it's Her Own Fault

For a girl not to be attractive at 20 is her misfortune. For a woman not to be attractive at 40 is her own fault. At 20 a girl is the victim of nature. She is even as she was made.

But it is just a matter of pure luck. And if instead of having a fairy godmother given to coquetry, some malignant demon bestows upon the unhappy flapper a snub nose and stringy locks and a lumpy figure and hands her a few other knocks that land her in the Dumb Dora class, why it is a shame, but there is nothing she can do about it.

At 20 a girl's only appeal is to the eye. She has not lived long enough to have the wisdom and the experiences that would make her interesting. She has nothing to say that is worth listening to.

No sympathetic person can contemplate the hordes of homely young girls who never have a date and who paper the walls at balls and parties without feeling like bursting into tears.

To begin with, the woman of 40 has one great initial advantage over the girl of 20 in that not so much is expected of her in the way of good looks, which are, of course, primarily a gift of the gods.

Nobody expects a woman of 40 to be a Venus, whereas every one expects it of a girl of 20, and so if the woman of 40 has kept her figure and her complexion to a reasonable extent and knows how to pick out her clothes so that they flatter her, she often enjoys a reputation for good looks that she never had in her youth.

Then at 40 a woman has the advantage of her background which she lacked at 20. A young girl is a nonentity in her father's house. The woman who is mistress of her own house can set her scene to please herself.

Many a woman who is lumpsish elsewhere looks like a queen at the head of her own dinner table, for few of us stop to analyze our pleasures or are critical of the hostess whose caviar and squabs and omelette souffles we are eating.

Then the woman of 40 has had time to acquire a repertoire of synthetic charms which the girl of 20 is too young to have. There is no excuse for any woman of 40 not being interesting unless she was born a moron.

She has seen birth and death. She has known stranger stories of love and romance and adventure than any novelist ever put in a book. She could write a hundred comedies and tragedies out of her own life history.

The woman of 40 has had time to acquire the most potent of all charms with which to conjure, and that is tact. She has learned how to handle the world with gloves. She has acquired skill in dodging people's angles instead of bumping into them. She knows not only what to say, but how to say it.

So I think that after all time is woman's friend and not her enemy, for the young girl to be attractive has to be born that way, but any woman can be attractive at 40 if she has cultivated her mind and her heart, and counted her calories.

NEW HAVEN NOTES The annual school examination was held on December 20th and was largely attended. Much credit is due to the teachers Misses MacDougall and MacQuillan.

Mr. Duncan Gass spent the week end in Rice Point. Mrs. Fletcher MacEachern has returned to her home in New Haven after spending a few weeks in Rice Point.

Messrs. E. H. Orwill, P. J. McElroy, E. E. Sharbell are busily engaged buying lambs. Much credit is due to our milk courier, Mr. John MacManus, for the excellent service he is giving.

Milady Beautiful

By Lola Leeds



BEAUTY QUESTIONS ANSWERED

Treatment for Whiteheads

Dear Miss Leeds—I have quite a number of eruptions around my eyes, which I have been told are whiteheads. Sometimes there are many more than at other times, and some are quite large. Will you please help these? I take oil every morning, so I don't think they are from constipation. It seems to me it is a sort of matter which sets on top of the skin. I have quite a few on my eyelids. I am afraid to pick them off because they are so near my eyes. Could weak eyes cause them? I wear glasses for close work, but my vision is good.

Answer—From your description I judge that the eruptions are whiteheads. They usually appear about the eyes, and are like blackheads, except that they are just under the outer layer of skin, and, being covered thus, they do not become filled with grime and dust. They should be pricked open with a sterilized needle, the white matter pressed out and then an antiseptic lotion applied.

The following is a good lotion to apply: Two ounces rose water, sixty grains sulphate of zinc, one ounce oil of sweet almonds. Mix well and massage into the skin until it dries.

As both whiteheads and blackheads are the sign of a sluggish skin, the way to prevent their appearance is to tone up the skin. A patting massage is good for this. Pat the muscles of the face either with the fingers or with a patten. Give the body a hard rub-down every morning with a coarse towel.

Reduce Fat Calves Dear Miss Leeds—(1) Please tell me how to reduce fat calves. My calves measure 14 1/2 inches. (2) How can I reduce my abdomen? (3) I am 18 years old and 5 feet 3 inches tall. What should I weigh? HOPEFUL

Answer—Do high-kicking and toe and heel raising exercises for ten minutes, both night and morning. Take a brisk walk out of doors every day. Dancing, swimming, skipping, stationary running and walking are splendid exercises for building graceful legs. (2) Please send a self-addressed, stamped envelope for my leaflets on "Beauty Exercises" and "Care of the Legs." They will help you in detail with your beauty problems, if you take the exercises regularly. (3) You should weigh between 119 and 128 pounds.

LOIS LEEDS.

Curling Lotion Dear Miss Leeds—Will you kindly give me through your beauty column the recipe for something to moisten the hair before finger-waving? Thanking you in anticipation.

A. G. H. Answer—Flaxseed, quince seed or gum tragacanth are agents that may be used as a base for curling fluids. The following recipe makes a satisfactory curling lotion that may easily be made at home: One-half ounce of flaxseed or quince seed, one pint of distilled water, one and one-half ounces alcohol, two ounces cologne water or rosewater. To make the curling lotion: Boil the seed and water together gently until reduced to one-half; strain through a fine cloth; then add the other ingredients to the resulting mucilage. If the lotion is too thick, more rosewater may be added until it is thinned out sufficiently. Divide the hair into strands and moisten with the lotion; then arrange your waves with your comb and fingers. Curling lotions are obtainable ready prepared at most large hair stores, beauty salons and cosmetic counters, if you do not care to make your own at home.

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Tomorrow—Young Mother's Hair Problems

companied by Miss Sarah Gass attended the annual Christmas concert in Clyde River Church on Monday, December 23rd and enjoyed the programme very much.

Miss Jean MacLeod is visiting in New Haven the guest of Mrs. L.

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Maritime Women Want the Best

NEW BRUNSWICK



NOVA SCOTIA

their Standard in flour is the REGAL Standard

They want the highest quality of flour that can be made from the best grade of the best Manitoba wheat.

AND this quality is absolutely assured to them when they purchase

REGAL flour

A Morning Smile

He: "You have a marvellous colour. You must have walked quite a distance to get that." She: "Yes, our local chemist doesn't keep it."

For The Cook

EASY CAKE

Into mixing bowl put 1 cup of flour, 1 cup of sugar and pinch of salt, 1 rounding teaspoon of baking powder and mix thoroughly. Into a cup put a piece of melted butter size of walnut, add 2 eggs (without beating) and fill the cup with milk, add this to mixture in bowl and beat until very smooth, flavor and bake like sponge cake in a moderate oven.

A Successful Business Man—A man who has the horse-power of an optimist and the emergency-brake of a pessimist.

poll, Florence Laughlin, Marion MacDonald, William Pickering, Errol Laughlin.

Alma Yeo, Teacher.



Needless Pain!

Some folks take pain for granted. They let a cold "run its course." They wait for their headaches to "wear off."

If suffering from neuralgia or from neuritis, they rely on feeling better in the morning.

Meantime, they suffer unnecessary pain. Unnecessary, because there is an antidote. Aspirin tablets always offer immediate relief from various aches and pains we once had to endure. If pain persists, consult your doctor as to its cause.

Save yourself a lot of pain and discomfort through the many proven uses of Aspirin. Aspirin is safe. Always the same. All drug-stores with complete directions.

ASPIRIN

TRADE MARK REG.

Corns INSTANT relief PUTNAM'S Corn Extractor