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

The HOUSEWIFE and HER ACTIVITIES

Who sings of March must sing the mad
Lone man-at-arms, the straggler clad
In motley, white and brown—
Who, in the wake of winter's flight
Turns now to caper, now to flight—
Half hector—and half clown.
T. A. Daly.

Only fools never learn by experience.

Good luck is often bad luck in disguise.

A man must be agreeable to be considered sensible.

Life itself is not so important as the living of it.

Many men starve today while living on the hopes of tomorrow.

The strenuous man often wins victory that isn't worth the effort.

The man who is forever watching the thermometer always suffers most from the cold.

The feeble-minded don't get us into nearly so much trouble as the strong-minded.

A man never criticizes a friend for misspelling a word—as long as he knows what he means.

The great trouble with the majority of men who bet on sure things is that they always bet the wrong way.

Escalloped tomatoes well seasoned are good to serve with baked or fried fish. Ripe tomatoes stuffed, are always welcome menu additions.

Jerusalem cherry trees should not be transplanted until Spring. If leaves turn yellow and fall, the plant needs nourishment. Give it a good plant food.

If you wish to keep cheese fresh for some time, cover it over with a thin coating of paraffin. When ready to serve remove the paraffin.

The flavor of an apple pie is much improved if the juice of half a lemon is squeezed over the apples.

Never use anything but safety pins to fasten the ends of bandages. If you have no safety pins, tear a few inches of the material twist the two ends around each other to keep them from loosening and pass one end around the injured arm or leg in one direction and the other in the other direction, then tie over and twist.

Guest Hangers

Always keep one or two attractive coat hangers ready for the visitor. Her coat will then stay in press all the time she is with you and at the same time you will not have outside dust brought in on your clean bed spreads.

Wireless telephone service has been established between the Chinese cities of Canton and Hankow.

BREEDS OF THE PAST

Although to-day nearly a hundred distinct breeds of dog are recognised for show purposes there are many described by ancient writers and artists which have disappeared entirely, Marco Polo during his travels in Tibet in the fourteenth century found dogs "of the size of wild asses strong enough to hunt all sorts of wild beasts."

Some of Marco's alleged discoveries were afterwards found to be mere travellers' tales but in this instance there was corroboration from another and more reliable source, for Turner, in his "Embassy to Tibet" describes some "huge dogs, tremendously fierce, strong and noisy" which he saw in a row of wooden cages.

Albrecht Durer, the great fifteenth-century German artist, depicted a lion-dog which really looked like a lion, with great masses of hair on the fore-part, short hair on the hindquarters, and a long tufted tail. Lucas van Leyden, his Dutch contemporary, also made a drawing of a very similar dog, so that we may assume that an honest-to-goodness lion dog did actually exist four hundred years ago.

George Turberville, in his "Noble Art of Venerie"" published in London in 1576, shows a hefty animal described as a "black or Swiss foxhound," which has a blunt nose, with the nostrils a long way from the mouth; long spaniel-like ears, and a whip-lash tail quite as long as the dog himself.

Matthew Hopkins, the professional witchfined of the sevententh century, has many drawings of dogs in "The Discovery of Witches," published in 1647. One in particular is interesting in that it possessed horns like a cow and an attenuated body that would turn a Dachshund green with envy.

But Matthew's representations of dogs are probably about as trustworthy as his recipe for finding witches. His method was to throw the suspected old women into deep water. It she could swim and thus save herself it was considered conclusive proof of witchcraft, and she was accordingly condemned, but if she drowned she was deemed innocent of the heinous crime!

On the whole, it would seem that these breeds of the past disappeared because they were no longer wanted. Certainly we have longer better and handsomer dogs today.

DAINTINESS

"The basis of modern beauty is daintiness," says a girl who is always immaculately groomed. "And I think daintiness is achieved only by thinking of, and caring for, all the details of one's appearance. To blend her makeup, hairdress and clothes into a complete picture of loveliness, a woman must analyze hereslf and her looks and learn the little tricks that she alone needs.

"Of course, there are certain often overlooked or neglected features that should be given regular attention be every woman. Elbows, for example. Not only should they be scrubbed. with a brush, but massaged with rich cream several times a week."

She advises meticulous scrubbing and frequent creaming for the heels, too. She spoke also of eyebrows, lamenting the fact that many girls allow hair to grow on lids and between brows. We all know that brows should not be tweezed into pencil-thin lines, of course. But neither should they be allowed to spread beyond the edges of the neat normal eyebrow line.

Untidy polish draws her condemnation.

"Few women neglect their hands these days, but many do go around with chipped and cracked nail polish. I think everyone ought to keep a bottle of nail polish at home, using it between weekly visits to the manicurist. The minute polish on one nail starts to peel, remove the old and apply a fresh coat of lacquer."

CORAL AND BLACK

Coral is a color which many designers are combining with black with c harming effect. It is also being used to give a touch of color to magpie outfits, but in this case the merest touch.

PINK WALLS

The faintest blush pink is the new shade for walls, and harmonizes perfectly with any color scheme.

Without Shoe Horn

When away on a trip and a shoe horn is needed to assist in getting on the newshoes, use a folded envelope just as you would the horn. It will take the place nicely of this elusive article.

Even in Winter

Even in winter there comes a time when we crave a cold supper. To take the cold feeling away from the meal, start it with a savory bouillon cup of canned soup and then serve your cold food. It will make a nice change in the menu.

ACCENT PUT ON COLOR IN NEW FABRIC TYPES

New York—Whatever innovations may be launched at the Paris openings scheduled as usual for the first par tof February, at the moment fabrics hold the fashion limelight. Silhouettes are important, of course—maybe will be even more so later—but it's the fabric that dates your costume.

There is a need in a well-balanced wardrobe for men's wear suiting, for lightweight and very soft wool and flannel for sheets, heavy and light, for shantung, for crepe and satin, and for a vast array of linens and cottons. Prints appear on many of these, novelty piques are heralded, and linens galore, black for suits, in case you are interested.

One thing all desirable fabrics have in common—that is novelty. And the accent is on color. Grey, on first thought, does not suggest youth, but after you've seen this season's grey ensembles you will always associate what was once dubbed an old-lady color with frisky young things.

Although the Chinese influence dominates designing rooms here and more especially in Paris and London ,there are other influences at work, among which may be mentioned the picturesque Spanish flavor apparent in many hats and in silhouettes for evening.

Since so many dresses are full from the knee and since fringe is pleasantly injected, one needs little else to encourage this trend, especially with the films doing their share in focusing attention on Castilian ideas.

The curious thing about current fashions and period ones is that they seem so to blend that a period or costume picture is never devoid of fashion interest or influence, and never seems radical.

"Where do women wear those balloon-sleeved, fitted jackets one sees in the shop widows just now-" someone asks. "They are just like we wore in the old bicycle-built-for-two days."

So they are, and is sunny communities where it's no novelty to get about on one's bike these big-sleeved, little waisted jackets top all manner of play clothes, including both shorts and slacks.

One would automatically choose a sailor to wear with such a jacket. There will be plenty of sailors of all sorts and sizes from which to choose.

LLOYD GEORGE EXPLAINS

Mr. Lloyd George, who hurried back from North Africa on hearing of the King's death, has now gone Here he has a well-stocked farmyard, and a friend, who went down with him the other day to "look over the stock," discovered an interesting thing about the Lloyd Georgian geese.

They ran away whenever their owner approached.

The friend noticed that while the chicks gathered around in quite a cordial manner not even the daintiest morsels would tempt the geese.

Puzzled, the friend asked why.

"Oh," explained Ll. G., "their ancestore were given to me by Lord.—.They're Tory geese."

GUIDE RULES

It is important that every Guide should know the following: The nearest fire alarm box to her home, school and Guide headquarters.

The nearest post box to her home and what times the mail is collected. Also what the rates of postage are.

The nearest doctor to her home, school and Guide headquarters.

The nearest filling station to her home ,etc.

Where the different lines of street cars go.

Where the railway station is and how to get there.

How to get the various important buildings.

Where to go to send a telegram.

There are all sorts of other things which make general and very useful information. See how many you can think of and improve your knowledge.

Those Splitting Headaches A Symptom of Disease

BURDOCK BLOOD BITTERS

The cause of headache is the accumulation of poisonous matter in the blood which spreads with it, every moment, to all parts of the body.

This poisoning of the system must be cleared up before you can get rid of the headache, which is a symptom of an unhealthy condition of the body.

Remove the poisonous matter from the blood with Burdock Blood Bitters, then, "No more headaches"

Dorothy Dix

Wife Earns Her Way In Home | Says Men Need New Viewpoint On Women

Household Labors Are Just as Tedious and Poblems Just as Exasperating as Those of the Office or Store, but Too Frequently the Remuneration is Woefully Deficient.

Our paternal Government, which is rather more maternal than paternal in its curious prying into our innermost lives and its efforts to find out what we do and why we do it, has sent out a questionnaire to farm women asking them how many hours a day they work; how much butter, milk and eggs, chickens, turkeys and ducks they produce: how much fruit and vegetables they can, how much clothing they make for their families, and so forth and so on.

The information thus obtained, it is stated, is not only of financial but also psychological importance, for it is intended to show that the money worth of the crops raised by women is often as great or even greater than that of their husbands' wheat or cotton or corn. It will give wives a realizing sense of their importance in the domestic partnership and, above all, teach husbands to appreciate their wives' value as helpmeets.

It is a great idea that should not be confined to the rural districts, but that should come to town. For to millions upon millions of overworked household drudges the millennium will have arrived when they can draw out their little budgets on their husbands, when they demand to know how they have idled away the day, and prove that they have not only worked longer hours but also have actually earned more money than their lords and masters have.

There are two things that rile the average woman more than anything else and that are always the fighting word when uttered in any domestic circle. One is for her husband to assume that he is a poor, hard-driven slave who works his fingers to the bone to keep his wife soft and comfortable while she lives a life of inglorious ease, lolling about on satin cushions reading novels, going to the movies, or going on shopping debauches.

It simply makes a woman see red to have her husband say to her that he doesn't see what on earth she does with her time, and he wishes he could take it easy like she does, with nothing to do but to keep house and look after the children, when she has got up an hour before he did to get his breakfast and will still be hard at the grind patching little Johnny's pants and darning his socks an hour after he has been tucked in bed asleep.

The other thing that infuriates women beyond measure is for their husbands to speak patronizingly about "supporting" them when they know that they earn their board and keep a thousand times over by the labor of their hands, to say nothing of the loyalty and devotion that they throw in for good measure. Apparently men only consider that work is work when it is done outside of the home, in a store or office. When performed inside of the home it is a gay diversion, and a wife is expected to be grateful to her husband for giving her the pleasure of participating in it.

How they get that way, nobody knows, but it is an actual fact that the great majority of men never think of their wives as anything but expenses. In their eyes wives are just incarnate bills, bills, bills. If they love their wives and are generous-minded, they may think that marriage is worth the price, but always they feel that Friend Wife is a liability instead of an asset. They seldom stop to consider how often a wife's penny-pinching has laid the foundation of their fortunes, or what a crackerjack press agent she has been, or how many important social connections her charm and tact have made for them, or what she has saved them in the way of doctors' bills and sanatoriums by taking care of their health.

About the only man who ever appreciates the value of a wife's work is a widower. It is when wife dies and he has to hire a half-a-dozen high-priced women to do the work she did, to cook and clean and sew and mend and baby-tend and be a professional shopper and social secretary and God knows what else that he marries in self-defence. Because wife labor is scab labor and the cheapest on the market.

Of course, in the back of his head every husband does know that his wife performs invaluable services to him, but he has never put a price-tag on them, and it is a fine thing the Government is doing in forcing him to realize that his wife's work is worth just as much in the domestic partnership as his own. And let us hope it will do one more thing: That it will dignify a woman's work in her own eyes.

Because men have held women's work in the home in contempt, women also have despised it, and, if they can be made to see that making a comfortable home and rearing a fine family is a greater career than talking over the radio and getting into the movies, a great good will have been achieved.

DOROTHY DIX.

MRS. BOOTHE'S SENSITIVE SKIN

Pimples Broke Out But Cuticura Soothed

Read this letter—how sore, inflamed pimples due to external causes were relieved in almost no time by Cuticura.

"Watery pimples broke out all over my arm and hand. The itching and burning made me lose sleep for half the night.

"I had these pimples about four months and tried everything, but to no avail. Then I sent for a free sample of Cuticura Soap and Ointment. In about two days I was improved, so I purchased some. After using three cakes of Cuticura Soap along with the Ointment, the pimples were entirely gone." (Signed) Mrs. A. Boothe, 172 Margueretta St., Toronto.

Cuticura also soothes the itching and burning of rashes, ringworm and eczema with wonderful speed and effectiveness. Buy today. Ointment 25c. Soap 25c. Sample FREE. Write to "Cuticura," Dept. 19, 286 St. Paul Street, W., Montreal.

A Morning Smile

DIFFERENT PINCH

The vicar was having a serious talk with one of his parishioners. "Yes, Mrs. Howson," he said, "education is a very important thing, and we parents must sacrifice our pleasures for our children's benefit. Do you know, I had to pinch like anything to send my boys to college, but I managed it." Mrs. Howson: "Yes, but my husband's too afraid of the law to do anything like that."

RESOURCEFUL

Father—Get yer jacket aff, young mon, an' come wi' me.

Jock—Yer no' goin' ter lick me, are ye, faither?

Father—I am that; didna I tell ye this mornin' that I'd settle wi' ye fer yer bad behavior?

Jock—Ay, but I thought it wis only a joke, like whin ye tell the grocer ye'd settle wi' him.

PERFECT HEALTH Has a Beauty All Its Own

WHEN you feel rundown—have no energy, when your stomach gives trouble with gas, or "sour risings," take Dr. Pierce's Golden Medical Discovery. It acts as an internal cleanser — pimples and annoying eruptions caused by faulty elimination usually disappear — your appetite increases and you feel more peppy than you have felt in years. All druggists.

Buy *now!* New size, tablets 50 cts., liquid $1.00. Large size, $1.35.

THE BLUE DOOR

by RACHEL MACK

Bertha Gibbs made no answer. She looked blankly at the plate which Ruth held out to her. It was as if she had never seen the cake before, the beuatiful cake with the pink icing, made especially for her.

Ruth felt a surge of irritation. "You'd only taken a couple of bites. Penny," she reminded her. "Do finish it and cut yourself some more It's on the dining table, with the knife beside it."

"Oh yes," replied Bertha, and she took the plate and sat down at the kitchen table. Her hands were trembling. All color was drained from her face. She stared at the cake unseeingly, and then she began to crumble it in her fingers.

Ruth finished tidying the kitchen and watched her in puzzled silence. Presently she asked gently, "Has something happened to shock you, Penny? Was that a telegram at the door?"

The old women looked at her intently and then lowered her eyes. "Yes," she said, "a telegram. A body never knows what to expect these days."

"Was it bad news?" asked Ruth anxiously. "Was it about your job here?"

"Not that," replied the old woman harshly. "Something else. Something I've hoped for for a long time. And —and dreaded."

"Oh!" said Ruth. She wondered where the telegram was. In Penny's apron pocket, perhaps. She asked. "Would it help you any to share the more with me?"

Bertha Gibbs shook her head, seemed to draw within herself "I'll share the news with nobody!" she said definantly, "Don't keep at me!" She was a changed person. Before that knock on the door she had been merely a pathetic, dingy little old woman, eagerly happy over a cake with pink icing. She had returned from the summons like a weird old witch, suspicious, baleful, remote.

Ruth shivered a little. Darkness had fallen outside and a drizzling rain had set in. Sudden gusts of wind sent the leaves scurrying. The McNeill house was dark across the lawn. John had told Ruth that he would spend the day in Akron and that he was having dinner tonight with one of the men in his firm, a man named Bennet. Mrs. Bennet's niece was visiting them and John had been asked to make a fourth at dinner and bridge.

* * *

Ruth thought, looking across at the dark house, "I guess he's terribly in demand because he's so terribly eligible." She wondered if Mrs. Bennet's niece was attractive and tried not to hate her.

She turned from the window and lighted another candle, a thick one that stood in a heavy holder and gave off a light that was strong enough for reading. She would go into the library, she decided, and choose a book to read in her room. something heavy. Something that would make her sleepy, so she wouldn't lie awake through the long evening, waiting for John McNeill to leave Mrs. Bennet's neice.

Ignoring Penny because of her strange rudeness, she left the room, went to the library and carefully selected her book. It was Hawthorne's "Mosses From an Old Manse," certainly a sleepy title. She came out into the hall again and as she was going toward the stairs she was arrested by her own reflection in the tall pier glass that stood against the wall.

"I make a pretty picture!" she thought in surprise. She was aesthetic enough to appreciate it objectively, and honest enough to admit it. The mirror reflected a lovely young girl framed in flickering light, holding a candle and a book, and about to ascend a winding stair.

But suddenly the mirror showed her something else of interest. Another picture. It refleteced the shadow dining room behind her. At the table stood Penny, her activities etched by the light of a candle that stood on the table beside her. She was cutting away half the cake and wrapping it in a napkin. She was doing it hastily and slyly.

"Well!" though Ruth. "Of all things! It's her own cake. Why on earth does she have to act that way about it?"

She went hurriedly up the stairs as if she had seen nothing, and when she had gained her own room and closed her door, she carefully locked it.

She thought, "It's just as John told me. Old Bertha Gibbs is queer. Maybe worse."

She remembered how the old creature had acted about the blue paint on the door. How she had said, so queerly and senselessly, that she couldn't touch brush to it "because the quarter moon's past"! "It doesn't make sense," Ruth admitted thoughtfully as she unquestioned her about the telegram tonight she looked at me as if she hated me. That doesn't make sense either."

CHAPTER XVI

The clouds and wind spent themselves during the night. The next day came in clear and serene. When Ruth opened her eyes in response to a bird song in the hedge outside, her room was full of sunlight. The world seemed so entirely normal that she laughed at her fears of the night before. She had been foolish, she felt, to let the moods of a simple old woman frighten her.

She thought, stretching her arms above her head and blinking in the sunshine. "Any sort of telegram would upset Penny, naturally, because she's not used to getting them. Maybe it said her brother had broken his hip. That's something she could be expecting and dreading . . . . Or maybe her sister's being put out of her house because she can't pay her rent. In that case Penny can borrow money from 'Miss Gwen' to help her out

Anyway, I shan't worry. I offered to talk it over with her and she almost bit my head off. I'll mind my own business."

She got out of bed, took a leisurely bath, dressed and went downstairs."

"Mornin', Miss Elaine," responded a matter-of-fact Penny. "I'll have your breakfast on the table in a jiffy. Just sit down."

"Well!" exclaimed Ruth with pleasure, "here's the morning paper! I'd forgotten all about newspapers in the last week."

"I bought one," explained Bertha Gibbs, "to see about the weather. A body never knows what to expect in the fall of the year."

"No," replied Ruth, "one does not." The paper was in complete disorder, as if Penny in her perusal of the weather forecasts had become lost. Ruth assembled the scattered sheets and as she sipped her coffee and munched her toast she read it avidly. It seemed good to have news of the outside world again, to know what was happening in Washington and Europe, to see who of importance had married and divorced and had babies and died, even to see what new enticements the stores were advertising in the way of pocketbooks and vanities and fall shoes and fur coats.

Presently Ruth uttered another, "Well!" having, to her surprise, found a continued story which she had begun to read in Brooklyn and thought never to encounter again. She quickly read the synopsis and was soon following the fate of the very likable herone with as much enthusiasm as if she'd stumbled on an old friend.

* * * *

She said to Bertha, refilling her coffee cup, "It's a small world, isn't it, Penny And the newspapers bind us all together. They're the greatest power of all—greater than airships and armies and natives. Nothing's hid from the newspapers, and the newspapers hide nothing."

The old woman stared at her without blinking. "The newspapers think they're pretty smart, I guess. But there's some that can outwit 'em."

The remark had no meaning for Ruth, so she dismissed it. She said, "You're feeling better this morning, aren't you, Penny?"

"Yes," replied Penny. "As fit as a fiddle."

As a matter of fact the old woman did look stronger. She was less bent and shuffling. She moved more purposefully. She said, "Now that you've finished your breakfast, Miss Elaine, I've a message for you from Mister John McNeill. He wants you to drive to Cleveland with him today, bein' as he has to go there on business. He'll start about 11 o'clock. He says he won't take "No" for an answer, He says even if you are here on a rest cure there's no cause for you buryin' yourself."

Ruth laughed. "He won't have to take "No" for an answer, Penny. I'll snatch at the chance—unless you need me here at home?"

"I don't need you," replied Bertha with promptness. "You go, Miss Elaine, and stay as long as you like. It'll do you good. There's a sight of things to see in the city."

Ruth laughed again for sheer joy and ran upstairs to her room. She had ample time to clean her room set her hair and dress. She thought of a quip she had once heard in a clever talkie. An actress had drawled, "Any woman's in heaven when she's going somewhere and has something to wear." Ruth told herself, "That's me today—with additions. I'm going somewhere with someone I care about, and I've got something to wear!"

(To Be Continued.)

COMMON COLDS

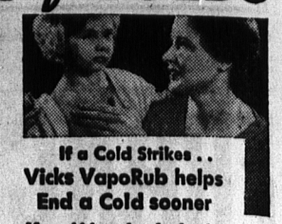
Relieve the distressing symptoms by applying Mentholatum in nostrils and rubbing on chest.

MENTHOLATUM Gives COMFORT Daily

Helping Your Family to Better CONTROL of COLDS

When Colds Threaten.. Vicks Va-tro-nol helps Prevent many Colds

At the first warning sneeze or nasal irritation, quick!—a few drops of Vicks Va-tro-nol up each nostril. Especially designed for nose and throat, *where most colds start*, Va-tro-nol helps to *prevent* many colds—and to throw off head colds in their early stages.



If a Cold Strikes .. Vicks VapoRub helps End a Cold sooner

If a cold has already developed, use Vicks VapoRub, the mother's standby in *treating* colds. Rubbed on at bedtime, its combined poultice-vapor action loosens phlegm, soothes irritation, helps break congestion. Often, by morning the worst of the cold is over.

Follow Vicks Plan for Better Control of Colds

A helpful guide to *fewer* colds and *shorter* colds. Developed by Vicks Chemists and Medical Staff; tested in extensive clinics by practicing physicians—further proved in everyday home use by millions. The Plan is fully explained in each Vicks package.

VICKS PLAN FOR BETTER CONTROL OF COLDS

THE COOK'S CORNER

APPLE SPAGHETTI

2 medium apples, chopped
½ Bermuda onion, chopped
1 can tomato soup (1 cup)
½ lb. spaghetti, uncooked
¼ lb. yellow cheese
1 cup water
2 cups medium white sauce
1 teaspoon salt
Pepper as desired

Method: Put apple, onion and soup into a saucepan and cook until thick. Break up spaghetti and cook until tender in boiling salted water. Blanch. Grate the cheese fine then mix all ingredients together and turn into a greased baking dish. Bake in moderate oven, 350 degrees F., about 45 minutes.

DATE LOAF

3 cups flour
½ cup sugar
1½ teaspoons salt
6 teaspoons baking powder
1 egg
1½ cups milk
3 tablespoons melted butter
1 cup chopped dates

Method: Sift dry ingredients. Bet together the egg and milk and add the butter; beat into dry ingredients. Add dates and mix well, ½ cup chopped nuts may be added. Turn into a greased bread pan and bake in a moderate oven, 375 degrees F., for 1 hour.

PRUNE CHIFFON SHERBET

3 eggs
2 tablespoons water
1 cup prune puree
1 tablespoon lemon juice
½ cup sugar
1 cup whipping cream

Method: Separate eggs, beat yolks, add water, prune pulp (from cooked dried prunes) and lemon juice. Cook until thickened then cool. Beat egg whites, beat in sugar, then fold in fruit mixture and whipped cream. Turn into refrigerator tray to freeze.

For chilblains apply Minard's

Today's Short Wave Radio Program

(All time is Eastern Standard)

MONDAY, MARCH 9

Eindhoven, Holland

10 a. m.—The Royal Opera Orchestra. London. PHI, 25.5 m.

Tokyo

4 p. m.—Imperial Theatre auditions. JVM, Nazaki, 27.9 m.

Rome

6.15 p. m.—News bulletins in Italian. Opera "Il Rigoletto," from Milan. Talk by H. E. Ugo Ojetti, Italian academician, on "Things Seen at Geneva in Regard to Sanctions." 2RO, 31.1 m.

London

7.20 p. m.—The composer at the pianoforte. A recital of Armstrong Gibbs' sons, sung by Frances Allsom (soprano). GSD, 25.5 m., GSC, 31.3 m., GSB, 31.5 m., or GSA, 49.5 m.

Berlin

7.30 p. m.—Here Comes the German Music Man! DJC, 49.8 m.

Caracas, Venezuela

8.45 p. m.—Venezuelan Songs contest. YV2RC, 49.8 m.

FRUIT-A-TIVES GAVE *QUICK* RELIEF FROM SEVERE HEADACHES AND CONSTIPATION

Mrs. P. Longeway, Guelph, says, "For many years I suffered from severe headaches and constipation. Then I tried Fruit-a-tives. They brought me quick relief and I have never been bothered since."

Prepared by a prominent Canadian physician, Fruit-a-tives contain concentrated extracts of APPLES, ORANGES, FIGS, PRUNES and HERBS. They do not contain harsh purgatives but, instead, act in a natural way. They tend to strengthen all organs of elimination. Thus, with their exclusive tonic effects, Fruit-a-tives help bring *lasting* good health.

FRUIT-A-TIVES Nature's Fruits and Herbs

Spring Fashions For Home Dress-Making

Most matrons will love this dress. It has the lines which they have proved by experience become them. It has also new and modish tounhes which provide smartness and charm.

The white vestee adds soft touch to the neckline. It can be, of organdie, crepe silk or lace. The first is perhaps the prettiest with the two immaculate camellias or gardenias caught at the waistline.

Some matrons may like their trims of a color such as pale yellow, wine red or aqua blue. Then the flowers will match, of course.

Black crepe silk is an excellent medium fo rthis dress. Printed crepe silk also is smart and cheery for now and spring.

Style No. 1682 is designed for sizes 36, 38, 40, 42, 44, 46, 48 and 50-inches bust. Size 36 requires 4¼ yards of 39-inch material with ¼ yard of 39-innh contrasting.

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

No. 1682. Size .....

Name

Street Address

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1682

HAT OF THE MOMENT

The Homburg is the hat of the moment. Perfect with tailored suits and printed dresses, this feminine version of the type of hat which men love is shown in most smart departments. You can wear a gray, black, brown or navy blue Homburg as it is, of course, or dress it up with one of the new pert veils with multi-colored dots. Tie the veil in a bow at the back and let the ends stick straight up.