

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

Dorothy Dix Letter Box

Folly of Picking a Husband for His Family Tree. Sure Cure for Whining Wives—Why Brooding on a Wrong Exaggerates its Importance

Dear Dorothy Dix—I am in love with a fine young man who has intelligence, energy and initiative and who is making good in the business world. My mother objects to this young man because he has not my social standing. She says that I would always feel embarrassed when I introduced his friends and relatives to mine. Must I sacrifice my happiness for fear of being embarrassed a few times? A. B. C.

Answer: I should say not. A man like that will make his own social position, and the chances are that he will lift you up instead of pulling you down.

Family trees are undeniably ornamental and useful for dodos to roost in, but don't forget they are dead wood and mighty apt to give way under the weight of those who hang on to them for support.

For my part I would a million times rather marry an up-and-coming young man who is doing things for himself than one who depends for his prestige on the things that his ancestors have done. It is all very well to have had a famous grandfather, but it is a lot better to be making a name for yourself that your grandchildren will be proud of.

In reality no people in the world are more pathetic than the down-and-outers who sit in their shabby homes and tell you of the splendor and lavishness in which their families used to live, or those futile folk who have little stamina themselves that they cannot even hold down a good job, but who boast continually of the prowess of some relative who has been dead a hundred years.

It is well enough to consider the family you are marrying into and the sort of heredity you are going to give your children, but it is far more important that your husband's blood should be red than it is for it to be blue, and it matters more that he should have a record of clean living and honest dealing and of being a go-getter than it does for him to be in the social register.

As a matter of fact, little stress is to be put on social position in these times and in this country, when the wheel of fortune turns so swiftly that those who were up today are often down tomorrow and those who were in the depths are on the pinnacles. Nearly all the men and women in this country who are running things, from the President of the United States to the president of the country club, came from poor and humble families. Nearly every millionaire began life as an office boy or a newsboy or a barefoot farmer boy or a boy who worked on a slag pile. Nine-tenths of the women who live in palaces and dress in Paris connections used to do their own housework and wore gingham aprons and haggled over soup meat with the butcher when they were first married.

That is right and fine and American. And it is fine that we all have a chance at the good things of life and that we live in a country where we can make of ourselves what we will, but it does make snobbishness out of place among us. It's to laugh when we talk about social pretensions that seek to bar a girl from marrying a fine young man because mother doesn't consider him in her set.

It makes me think of a case that I once knew where a boy and girl in school together fell in love with each other. The boy was a brilliant chap who carried off all the honors in his classes and he was ambitious and hard-working and determined to succeed, and it seemed as if any one should have had enough sense to know that he had a future before him.

But he was the son of a poor carpenter and the girl belonged to one of the best families in the little town, and when the girl wanted to marry the boy her family were simply horrified and browbeat her into giving him up. They lived to see the girl a sourd, bitter old maid earning her own living and the boy go up from lawyer's clerk to be a great legal authority and from the Legislature to the Governor's chair and to the United States Senate.

So if your man is all right in other ways don't turn him down because of his social position. He can make that what he will. DOROTHY DIX.

Dear Dorothy Dix—I am about to be married, and my prospective husband and I have decided that as long as possible we shall both work, but we shall also go to some school and study something constructive. The trouble with most wives is that they are not learning anything new. They usually revert to the time-worn phrase, "If only I had done so and so," whereas they should have learned the latest phrase, which is, "I SHALL do so and so." Ignorance brings misery, so why not be educated? You don't see women who are interested in current events, music, drama, business, politics, community affairs, etc., degenerating into bored, whining wives, do you? M. N.

Answer: You do not. The woman who whines is the weakling who is too big a coward to fight life and too poor a sport to accept the conditions that fate hands her. She wants things, but she hasn't the energy and initiative to go and get them for herself, and she excuses her inertness by plying herself and laying the blame for everything that goes wrong on others.

All of us know whining wives that we dodge when we can because we know that they are going to pour a tale of woe into our ears about their husband's shortcomings and tell us how he drinks or how he chases other women or how stingy and cross and grumpy he is. Yet the whining wife never gets up and bangs the door behind her and leaves. She eats his bread and wears the clothes he gives her and pays him back by vilifying him.

All of us know women who sap their husband's morale by whining because they can't have automobiles and pearls and all that rich women have, but in these women never go to work to supplement their husband's income and earn for themselves the luxuries they crave.

The remedy you suggest for the whining wife, education, is one that will work, because the woman who really is intelligent doesn't waste her time in futile complaints. She remedies the situation if she can and if she can't she accepts it philosophically. Moreover, if she has a hundred interests in the outside world, she does not become self-centered and spend her time in dwelling on her own little grievances and disappointments. She has a broader outlook than the purely personal.

I congratulate you and your husband upon your wisdom in deciding always to be studying something constructive. If you do you will keep alert and same interests, you will keep abreast of each other, you will keep alert and you will never bore each other. You will always be pals and companions and your marriage to you will be truly a great adventure. DOROTHY DIX.

Dear Miss Dix—I married a girl who in her past had made a terrible mistake. I thought I could forgive her and forget. I do forgive her, but by mistake I do I cannot forget it. I brood over what she has done all of the time. I am filled with suspicions for which I have no grounds. I try to make her happy, but this thing is always between us. Do you think I will ever be able to forget? What should I do? A. S. R.

Answer: Just face the fact that you have become morbid on this subject and that you must snap out of this frame of mind or else you will ruin your whole life and that of your wife.

We can forget if we try hard enough to do so, but the trouble with us is

ROYALTY VISITS INDUSTRIAL FAIR



The Queen with His Royal Highness the Prince of Wales and Prince George shown while visiting the Industrial Fair in England.

Health Services of Canadian Medical Association

RURAL HEALTH UNITS

Up until the present time, the knowledge which we possess concerning the prevention of disease has been applied in cities much more than it has been in the small town and rural areas. Practically all cities of any importance have organized health departments, with trained workers in charge of the various activities carried on by the Department.

The small town and rural areas, as a result of the lack of health work, are, in general, not as healthy as are the cities. In other words, those who live in the cities are more free from preventable diseases, because the cities have organized health departments which protect the citizens from preventable diseases. It has been the hope of those who have given thought to the problem of rural health, that some scheme might be devised whereby those living outside the cities would receive the same measure of protection from disease as those living in the cities.

The County or Rural Health Unit seems to offer a practical means for obtaining this most desirable one. The idea is to organize, in a county or some similar area, a health department which would be staffed by full-time trained workers. That is, the county would be served in a health way by a health organization similar to that which has done so much good in the cities. By combining the rural areas and the small towns, there is a sufficient population to support such a service. The health workers in such a unit must be trained and must devote their whole time to this health work.

The plan is well started in some provinces. It is becoming practical for those living outside the cities to secure organized health protection. They must realize what it means, however, and must be willing, as have been the city dwellers, to pay the cost. It costs money to keep well, but it costs far less to keep well than to be ill.

Questions, concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

American pianos have been introduced into Manchuria.

that we get a curious half pin, half pleasure thrill out of dwelling on an unpleasant subject. It is the same instinct that makes us press on a sore place until we turn it into a raging abscess and sometimes a cancer that destroys us. On the other hand, we can wrench our thoughts away from a topic that distresses us and refuse to think of it until gradually it dims in our minds.

Just think of what is good and sweet in your wife and refuse to consider the blot on her past. Keep in mind the thought that the girl who has stumbled off the straight and narrow path, and who has repented it, has had a lesson that makes her forever after walk warily and that she makes a wife who is absolutely to be trusted.

Milady Beautiful

By Lois Leeds

BEAUTY QUESTIONS ANSWERED

Make-up in the Teens

DEAR MISS LEEDS—(1) I am 15 years old, 5 feet 2 1/2 inches tall and weigh 101 pounds. I never seem to look well unless I use powder. Why is this? I think I am rather young to use powder daily. (2) My measurements are: Waist, 21 1/2; ankle, 9; hips, 30; bust, 30; thigh, 16; calf, 12 3/4; neck, 10 1/2; wrist, 6. Are these good? (3) I have fair hair; blue



eyes and freckles. What colors are becoming? (4) What commercial freckle bleaches and shampoos do you recommend? (5) I wash my hair once a week. It is becoming thin. What can I do?

SHORTY.

Answer—(1) The average weight for your age and height is between 111 and 115 pounds. You are much too thin. If you build yourself up I think your complexion will improve so that you will not need to use so much face powder. Use a little witch hazel to take the shine off your face. Be sure to use plenty of soap and warm water to cleanse your skin at bedtime. Do not make a practice of using powder until you are older.

(2) Your measurements, except ankle and wrist, are too small. (3) If you have a fair skin you will find the following colors becoming: medium and pure bright blues, blue-green, almond, reseda, pale and dark green, pale yellow, gold, bronze, warm tan, dark brown, flesh, old rose, most pinks, blue-gray, cream, orchid blue-violet, black. (4) I do not recommend any commercial products to my readers. Many of these are excellent, but it is contrary to my policy to advertise them in this column.

(5) If your hair is very oily, once a week is not too often to wash it. The thinness of your hair is probably due to your poor physical condition. Build up your weight. Massage your scalp for ten minutes a day and

Household Hints

By Roberta Lee

Cleaning Bottles

To clean water bottles or flower vases pour hot vinegar into them, then cover and allow to cool. This also destroys odors.

The Dustpan

Stick the handle of an old broom into the tin handle of a dustpan and one will not have to stoop when using it.

Pie Hints

Never grease a pie tin. To a juicy pie add one-sixth as much flour as sugar.

brush your hair well. Wash your brush and comb twice a week. It is normal to lose a few hairs every time your hair is combed.

Bad Case of Dandruff

Dear Miss Leeds—(1) What can I do for a severe case of dandruff? It rubs off and leaves the skin red and sore. It is worst around my face. (2) I have a sensitive skin. Please give a recipe for a lotion for enlarged pores. THANK YOU.

Answer—(1) Your trouble is more than ordinary dandruff. It is very likely some form of eczema. You should consult a doctor about it. (2) Witch hazel is a good, mild astringent for enlarged pores. Make a mask of absorbent cotton moistened in this solution and mold it over your face, leaving a hole for breathing. Leave the mask on for about fifteen minutes. Do this once or twice a week and also apply the witch hazel after washing and drying your face each day. LOIS LEEDS.

Enlarged Pores

Toronto—You may use witch hazel for the enlarged pores or a stronger astringent made of 4 oz. witch-hazel, 1 dram borax, 1 teaspoonful tincture of benzoin, 20 drops tincture of quill aya and 4 oz. rose water. The average weight for your age and height is 136 pounds. LOIS LEEDS.

Lesson in English

By W. B. Gordon

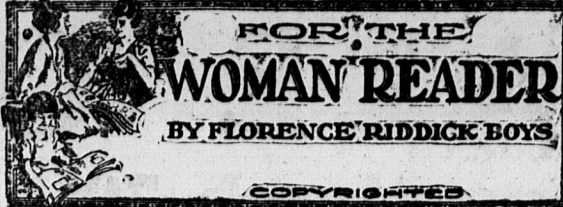
WORDS OFTEN MISUSED: Do not say, "By some means or another." "Or another" is redundant.

OFTEN MISPRONOUNCED: domain. Accent last syllable, not the first.

OFTEN MISPELLED: hippodrome; two p's.

SYNONYMS: offer, proffer, volunteer, propose, tender.

WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: EMBIGGIOUS: flagrant; gross. "It is an egregious mistake."



CHUMMING WITH MOTHER

Happy is the mother and safe and fortunate is the son or daughter who makes a pal of Dad or Mother. Why is it that all parents have not this intimacy with their children?

Confidences must be built upon a base of real affection and understanding. That child will not tell Mother, who suspects that mother will be cold and critical or too severe and "not understand." Then too, Mother must be equally frank and honest in giving her confidences, and not pose as perfect herself or act prudish and easily shocked.

She must keep sacred the confidences of her children, for, if they ever find out that they have been betrayed, she will get no more. She must not be too busy to listen, but must really "care." She must not be a nagger, nor dictatorial, nor try to manage her children's affairs, nor laugh at them. She must remember her own youth and remember that she made mistakes, and she must recognize that times and standards change, not always for the worse.

Most children would love to come to Mother and pour out their confidences on her bosom, but they are "afraid." Mothers who would win them must remember that "Perfect love casteth out fear."

ESCALLOPED DISHES

Escalloped foods are always attractive. Tomatoes, corn, cabbage, oysters, salmon and other juicy and strong flavored foods are appropriate for escalloping. To prepare them, spread a layer of buttered crumbs on the bottom of a baking dish, then a layer of the article to be escalloped; sprinkle with salt, pepper or other seasoning; add other similar layers, if you wish; and top the dish with buttered crumbs. If the dish is too dry, add milk for moisture, and bake twenty minutes.

Cheese is a welcome addition to many escalloped dishes. Escalloped potatoes with cheese and pimientos for flavoring, is a favorite. Since the potatoes are a starchy food, the bread crumbs are omitted.

To butter crumbs for escalloped dishes, put two or three tablespoons of butter in a pan and melt it. Add bread or cracker crumbs and stir them over the fire until they are well oiled or slightly browned. Some housewives save all crumbs left on the bread board after they have sliced bread. They put these away in a clean bag, not tightly closed, where they will harden and keep for a long time. When brittle, they may be rolled with a rolling pin and used for escalloped foods. They should not be buttered until ready for use.

HOW BETTER OUR SCHOOLS

- 1. Visit them and know their good points and their needs.
2. By Parent-Teacher Clubs, parents and teachers should co-operate.
3. Buildings should be ample, well-managed light should be provided from the right direction. Water, heat and toilets should be of the best.
4. Teachers should be chosen because of ability and not from favoritism.
5. Politics and business interests should keep hands off the schools.
6. The responsibility should be vested in a few. Too large a board of school trustees make for lax management.
7. The Superintendent should be an expert, should be entrusted with questions of school courses, management and the selection of teachers.
8. The compulsory attendance laws should be enforced sympathetically but firmly.
9. Medical inspection and the visiting nurse or visiting teacher in the schools help keep the pupils well and able to do well in school.
10. The warm lunch and extra milk to build up the undernourished make the children strong enough to study to the best advantage.
11. Make the schools attractive by playgrounds, moving pictures, music and work shops when these are possible.
12. Consolidation enables communities, by co-operation, to provide better teachers and better schools than either could afford alone.
13. By keeping in close touch with state and national departments of education the latest and most approved methods may be known, as these departments keep statistics and accounts of every new movement or experiment tried out in various parts of the country and the world.

OLD ENGLISH MINCEMEAT.

Mix thoroughly four pounds each of raisins, currants, and apples chopped; six pounds of suet; a half pound each of fresh ox or tongue lard and hopped, candied orange peel, cut fine and candied lemon peel, cut fine; a quarter pound citron; juice of three oranges and three lemons; a quart of boiled cider; one grated nutmeg; a teaspoon each of cinnamon and salt; a half pound sugar. If you want it sweet. Cook this until done and add more cider when making the pies.

A HINT TO MAMMA

"Here's to the chaperone, May she learn from Cupid—Just enough blindness To be sweetly stupid."

TO WASH A RUBBER APRON.

Heat ruins rubber garments. Do not wear your rubber apron if you are to work over a hot stove, and do not hang it near a stove or radiator pipes. Heat makes the material soft and gummy and makes it stick in spots and tear when you pull it apart.

To wash a rubber apron, lay it on a clean, flat surface and wash both sides with warm soapy water. Rinse with water of the same temperature and wipe with a dry cloth.

WINTER SALAD.

Shred cabbage and let it soak a half hour in French dressing. Grate carrots and add lemon juice for flavor and chop one small onion and a few parsley leaves. On a lettuce leaf arrange the cabbage, grated carrot, minced onion and minced parsley. Sprinkle with water and pour French dressing over all. This salad is rich in vitamins and a preventive of rickets or the tired feeling which usually follows winter.

THE TEETH.

To crunch crisp foods and to wrestle with tough ones, is good for the teeth. Savages ate a great many hard and unrefined foods and never knew pyorrhea, or softening of the gums. Chewing massages the gums and keeps them healthy. Do not live on a diet of soft, mushy foods. Next to chewing, brush your teeth three or four times a day with cool water; if you would have healthy teeth.

COLORED LINENS

Fine embroideries or the novel colored linen towels so popular today should be washed in water which is almost cool. Wash them quickly in a basin of cool soap suds, giving special care to the more soiled spots. Rinse in clear water at least three times. Roll in a towel until almost dry; then press on the wrong side with a moderately hot iron.

SAGGING SEAT.

If the seat of a cane chair sags, wet it with very hot water, enough to soak it up well. Place it outdoors or in a strong current of air. When it is dry, the seat will be tight and firm.

TO IRON PONGEE.

To iron pongee when damp will make it stiff. It is better to dry it thoroughly first, then iron it on the wrong side, and it will look fresh and new.

MRS. SOLOMON SAYS:

Don't be extravagant just because you are sitting in the lap of luxury. She might stand up.

SMILES

"This, sir," said the inventor proudly, "is an epoch making machine." "Is it?" said the innocent bystander, curiously. "Then let me see it make an epoch."

In social life, as elsewhere, it is a survival of the fittest.

A Fashion Hint

SLIM AND SIMPLE

One of the newest ideas of Paris is the cape theme, worn for street or more formal wear, as sketched in Style No. 423 with sleeves omitted with armholes piped in self-fabric, which is perverche blue georgette crepe. The back view displays long sleeves for street wear, and is very smart in either plain or printed silk crepe. The cape falls from back shoulders well below the waistline which gives length to the silhouette, while the pointed yoke of circular



flaring skirt, keeps the desired slenderness through the hips. Crepe satin, chiffon, crepe Elizabeth and sheer woolen also appropriate. It is designed in sizes 16, 18, 20 years, 36, 38, 40, 42, 44 and 46 inches bust. Pattern price 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

We suggest that when you send for this pattern you enclose 10 cents additional for a copy of our Spring Fashion Magazine. It's just filled with delightful styles, including smart ensembles, and cute designs for the kiddies.

Daily Arguments

AUNT HET

By ROBERT QUILLEN



"I would eat less, but when I fix good things an' Pa don't eat 'em, it looks plum' sinful to throw 'em out."

POOR PA

By CLAUDE CALLAN



"Ma went in the front room an' talked loud to Fred so he couldn't hear what Betty was sayin' to her other beau over the phone."

Cuticura Soap advertisement. WORLD-FAMOUS FOR DAILY TOILET USE. THE every-day use of Cuticura Soap, assisted by occasional applications of Cuticura Ointment, when required, is your best insurance against skin troubles. They not only cleanse and purify, but also enhance and preserve the natural qualities of the skin and hair.